

★*Physical Culture*

THE PERSONAL PROBLEM MAGAZINE

Bernarr Macfadden
EDITOR

SEPTEMBER

25

A MACFADDEN
PUBLICATION



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DISCOURAGED?
IRRITABLE?
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YOUR GLANDS**

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And Treatment of
GASTRIC ULCER

BERNARR MACFADDEN



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Before		Six Weeks After	
Chest . . .	38 1/4	Chest . . .	34
Bust . . .	39 1/2	Bust . . .	34 1/2
Waist . . .	32 1/2	Waist . . .	26
Abdomen . .	36 1/2	Abdomen . .	30
Upper Hip .	41	Upper Hip .	34
Lower Hip .	42	Lower Hip .	36
Thigh . . .	24 1/4	Thigh . . .	21
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PHYSICAL CULTURE



Bernarr Macfadden

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From Photograph by Philip D. Gendreau

NEXT MONTH

WILL GETTING MARRIED MAKE YOU HAPPY?

Consulting psychologist Lawrence Gould writes an illuminating article on the hitherto unexamined notion of most people that merely by getting married they will automatically find a paradise of happiness. Mr. Gould explains that a marriage ceremony does nothing more nor less than offer a couple the opportunity for happiness—perhaps the greatest happiness that humans can know—but that this happiness must be sought out, cultivated, worked for and finally won. Here is an excellent article both for young couples who look upon the marriage ceremony as a guarantee of happiness as well as those who have married and are perhaps still wondering why the happiness they so confidently expected has not been miraculously conferred upon them.

ARE PATIENTS VICTIMS OF HOSPITAL EFFICIENCY?

Conceding that, from the standpoint of equipment, organization and advanced scientific methods, our hospitals are probably the finest in the world, this author raises a pertinent question. Is not the most essential factor in healing dangerously lacking in our hospital system—namely, the personal consideration, the gentleness and patience that play such an important part in putting a patient at his physical and mental ease and in speeding his recovery? Here is a serious indictment of hospital methods which will be of the greatest interest to every reader.

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Just as a scientifically correct diet is necessary to take off pounds and build up health and beauty, so is one necessary for body building. Don't be thin or overweight—irritable—always tired—but find out how

easily a strong, healthy body can be developed through nutritional foods.

If you want to make the most of your life, you must know the simple fundamental things about vitamins—what they are—their sources—what their functions are—and what will happen to you if you do not obtain them in your daily diet. Your future and that of your children depends upon your knowledge of proper eating.

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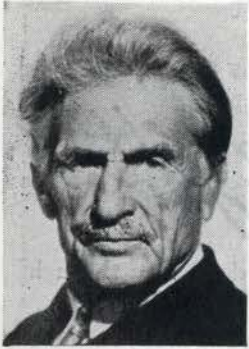
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BEAUTY IS MORE

BY BERNARR MACFADDEN



THE ignorance of the average woman regarding the nature of the source of beauty and its associated allurements is really pitiful. A girl might have the beauty of a marble statue—cold, unfeeling, minus animation. But she would not have the allure that women desire.

Beauty that has the bewitchment which attracts admiration comes from the feminine charm which we refer to as sex appeal. And this appeal must have something more than a symmetrical figure and comely features.

The beauty salons can give one artificially everything that is desired—rosy lips, facial appeal—but spirited buoyancy, compelling aliveness, pulsating physical energies, come only with a complete understanding of the physical laws of life, and the regular care of the body essential to maintain these superior possessions.

Some of the more progressive beauty specialists now recognize the health basis of good looks, and the time is not far distant when every beauty salon will give its patrons, through physical culture, the charm and enticement that comes with buoyant feminine aliveness.

This quality is illustrated more clearly in the healthy, supple sprightliness of a girl in her early teens. There is no thought of sex or sex appeal at this time of life, but there is an attraction in life itself. It is a joyous experience just to be alive at that period. Like a young colt that leaps and frolics about, a girl feels the intoxication of superabundant health that comes with early youth, and it is that particular aliveness that should be maintained to maturity and even to and beyond middle age, if a woman has the intelligence to retain a healthy condition in the tissues of the body throughout every part.

Age is not by any means a matter of years. You can be sixty or seventy and still your body may be younger than one who is twenty or twenty-five. Youth demands the use of the entire body. Instinctively one follows this urge in early years. The dead cells—the cause of senility associated with old age—are driven out.

Activity of the tissues is required to drive the blood through the body. It is the circulation of the blood that gives life—that deposits new cells and carries away the dead debris. It is the blood that cleanses the body. The stagnation of the tissues automatically causes the dead cells to remain and to a certain extent clog the circulation through these inactive parts.

Sex appeal, which is the one possession that is so strongly desired by women—and also by men—demands active circulation throughout all tissues of the body, but especially in the central portions where the



THAN SKIN DEEP

By Dr. Oliver M. Butterfield



vital organs are located. If we were to tell the average woman that the circulation of the blood induced by exercise of the central portions of the body would have anything to do with her feminine attractiveness, she would doubtless consider such a statement very humorous. How could the health of a portion of the body so far distant from the face in any way affect facial health or expression?

The instinct of sex, however, is influenced very greatly by the condition of the tissues which protect these vital organs. If the blood circulates normally through this portion of the body, maintaining all the tissues in perfect health, the status of this important instinct is reflected in the facial expression, and inevitably results in a normal manifestation of feminine characteristics.

The truth of these statements is very clearly indi-

cated by the masculine appearance of women who have been de-sexed with the surgeon's knife. They often grow a moustache and have a coarse, stupid appearance, all evidence of femininity having disappeared.

Yes, beauty is far more than skin deep. It is as deep as the tissues of the body and a woman who desires to maintain the sprightliness, suppleness and attractiveness of early youth must acquire the knowledge essential to keep herself in splendid physical condition.

This magazine, month after month, presents a complete education for those who wish to acquire that invaluable possession—the envy of all women—a symmetrical, supple body, with the sparkling, clear eyes that come with abundant health and a complexion that rich red blood gives to well-formed features.

Will SEX EDUCATION Become

WILL the Protestant churches make a crusade in favor of sex education? This is a question one might readily ask in the light of recent pronouncements by several large and representative denominations. "Our children desire and have the right to know before adolescence the facts regarding the origin of life and the nature of their personalities as it relates to sex." This significant declaration was made by the General Conference of the newly united Methodist Church at Atlantic City in May, 1940. Representing as it does a body of some eight million members and over twenty million constituents, such a statement cannot be regarded as anything less than a most important forecast of Methodist action.

The Roman Catholic Church has been considered by some as being very conservative in such matters as sex education but many of her leading educators recognize the fact that the older methods of depending on ignorance and evasion can no longer be expected to commend themselves to either the general public or to the individual member. "The sex-impulses are too strong," writes Father Felix M. Kirsch, "the facts of sex too widely known, and human curiosity is too great for the policy of silence to secure its end, even if ignorance were best. The very conditions which make it certain that our young people will get some sort of knowledge make it necessary that they should have it in the best possible form, without over-emphasis either of neglect or stress. The young people need the knowledge and are entitled to it."

This recent interest of the churches in sex education grows out of several rather alarming facts to which religious leaders have been giving serious thought. The first of these is the unmistakable evidence that, since the World War, there has been a general let-down in standards of sexual morality. This is revealed by the marked increase in the number of sex crimes and by the disturbing increase in the number of children born out of wedlock. It is also the opinion of many religious leaders that in conversation, reading, drama, and courtship behavior there has been such a distinct lowering of the standards of what is decent and tolerable that it is time for the churches to do something about it.

A second significant fact is the frequency with which the ignorance of basic sex knowledge appears as a major contributing factor in cases of juvenile delinquency, family discord, perversions, pre-marital pregnancy, and marriage failures. While few informed church leaders believe that ignorance of sex facts is the only cause for personal delinquency, most of them are thoroughly convinced that it is a very important factor which can be largely, if not wholly, removed by a well-managed program of sex education.

Just what sort of problems coming to the attention of church workers have forced them to adopt this new attitude toward the importance of sex education? In my capacity as pastor, research worker, and private consultant in marriage and family problems I have had brought to me an amazing variety of problems growing largely out of sexual ignorance.

Mamie was a church girl, from a humble home, and, at the time of her interview with me, was employed as a children's maid in a private home. Her parents were members of a very strict religious sect and she herself had gone to church regularly most of her life. But when she was referred to me for special guidance



ILLUSTRATOR • JAMES A. ERNST

she had already contracted a serious case of venereal disease in the course of relations with a series of different men. Not overly bright in her mental endowment, she lacked all basic awareness of the dangers of pregnancy and infection which are almost inevitably the consequences of such promiscuous behavior. Neither school, home, nor church had given her the slightest help in solving her sex problems or social adjustment. Her ignorance had not only made her an easy prey for designing men but her reckless experiences had so opened the doors of passion that restraint would be difficult, if not impossible.

Homer came to me following a lecture series for a group of Hi-Y boys in which each lad was given opportunity to ask any questions he wished in the field of sex-social adjustment. What he wanted to know was, "How can husbands and wives continue to respect each other if they yield to their sexual impulses?" His ideas

a Modern CHURCH CRUSADE?

By Dr. Oliver M. Butterfield

Of the Southern California-Arizona Conference
of Methodist Churches



One type of sex education now being widely offered through the churches is the work done by alert pastors in preparing young couples for marriage. The young people are referred either to authoritative and detailed books on the physical aspect of marriage or to a competent physician for guidance

of sex behavior in marriage had been sadly warped by a misguided emphasis on the immorality of sex relations before marriage. Unless he is better informed and develops a new attitude before marriage his experience may be as tragic as that of Henry and Maude.

Henry was an up-and-coming young business man who had grown up in the church and at twenty-six became superintendent of his Sunday School. He married a girl from the church choir, whom the pastor had christened years before as an infant. They had a big church wedding with all the pomp and ceremony of an aristocratic social setting, but within two years she was suing him for divorce on the grounds of incompatibility. A single interview was sufficient to establish beyond all question that the major factor in their break-up was a mutual ignorance of the basic facts of sex life in marriage.

In one church where there was set up a short series

of discussions on sex-social problems, just one girl, out of all the sixty or seventy members of the young people's society, was refused permission to attend by her parents. But within the next five years that very girl had not less than two illegal operations before she finally married. Knowing the family and the girl as I did, I have strong reason to suspect that her abysmal ignorance of sex made her an all too easy prey to her own passions and the designs of her male companions.

A young clergyman went to a pastoral charge in the Middle West determined to do all that he could to assist the couples he married to make the most of their marriages. Among other helps he offered each couple one of the widely used books dealing with sexual behavior in marriage. The day before a wedding, the girl's father called him in off the street saying, "Young man, I want to talk to you." When safely behind his office door the older man spoke something as follows:

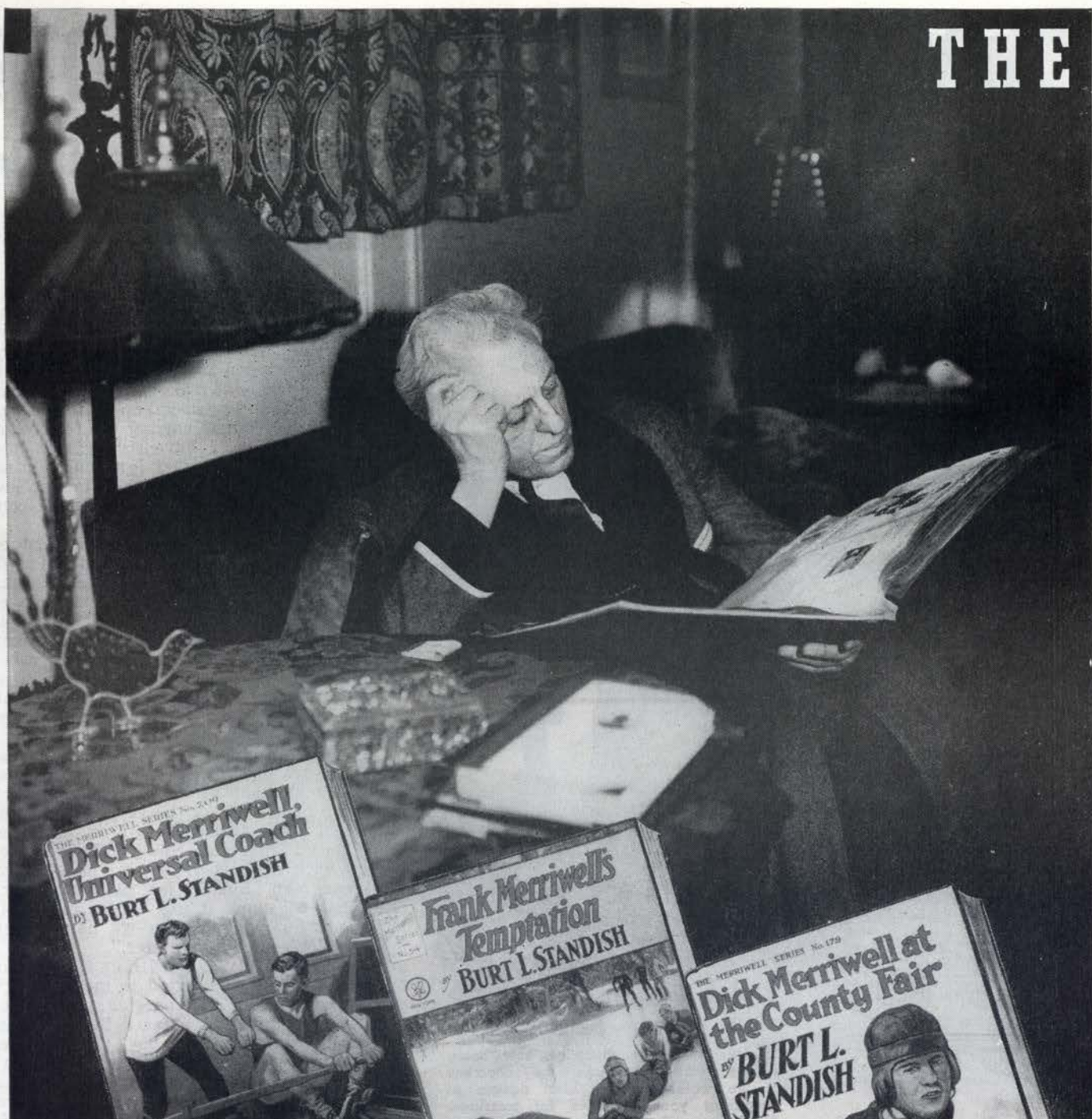
"You're a real minister. For more than twenty years my wife and I have quarreled over the sexual side of our marriage. Several times we have been on the verge of quitting and each time agreed to go on until our daughter was married. Now you have started her off with the sort of help we should have had years ago. She let her mother and me read that book and it has settled our problem, too. So many things we never knew before. You're a real minister."

I could go on endlessly with experiences of my own and those reported to me by fellow clergymen showing how marriages have gone on the rocks, girls have faced the tragedies of unmarried motherhood, boys have suffered the agonies of mental breakdown, or have given up religious idealism and become brazenly immoral, all because they had not received adequate and proper sex education. So much of sexual misbehavior is related to ignorance that we dare not attack the grosser evils until we have made every effort to eradicate the factors of ignorance. Any other approach does unspeakable violence to Christian ethics and justice.

What can the churches do about all this? What will they do? Probably the best answer to this is to tell some of the things they have been doing in certain instances all across the continent where wise leadership had the support of courageous and determined parents and laymen.

In one parish the sex education program started when a group of mothers of young children asked to have a parent-education lecturer tell them how to answer their children's questions about the origin of life, and other perplexing questions. Later, this program was developed to include the problems of adolescents, of young adults and young married couples.

Another church commenced its program when a scandal in the local high school made headlines and parents realized that part of the remedy for such a situation was a more adequate system of (Continued on page 84)



Wide World



"Every Writer Puts Something of Himself Into His Characters," Says Mr. Patten, Who Tells How, in Trying to Keep Up with His Robust Young Merriwells, He Developed a Physical Hardiness which Eventually Brought Him Sound Health. The Unusual Story of an Author Who Was Created by His Own Fictional Characters

MERRIWELLS KEPT ME

Young and Healthy

BY GILBERT PATTEN

(BURT L. STANDISH)

AT THE age of fifteen I stood an even six feet in height and weighed 115 pounds. I had shot up like a weed. My legs were as thin as toothpicks. A prominent "Adam's apple" accentuated the narrow base of my neck. Between bony forward-rounded shoulders, my flat chest appeared hollowed. I was subject to headaches, and frequent colds kept me sneezing and barking throughout much of our long Maine winters and backward springs. My mother was forever doctoring me with bitter-tasting home-made cough syrups.

I've never forgotten what a young country doctor said to me one day after I'd almost coughed my head off in his presence. He said: "You're going to die young. My brother had a neck like yours and he was always catching colds. He died of consumption when he was twenty-two."

Now wasn't that a cheerful thing for a doctor to tell, gratis and brutally, to a boy of fifteen who was already all-too-conscious and ashamed of the fact that he was a physical weakling in the eyes of his schoolmates and playfellows! It hit me like a blow between the eyes. It frightened me and made me hate that doctor to the end of his days. He looked strong and healthy when he spoke those words and he was less than thirty years old. He has now been dead more than twenty years, but I'm still alive, looking backward at three-score-and-ten and

don't feel a day older than I did at forty. A miracle? Nothing like it. Merely a perfectly natural triumph of mind over matter.

When that doctor predicted my early departure from this mundane existence I had practically no knowledge of health preservation except what I'd acquired by reading "Dr. Pierce's Medical Adviser," "Ayer's Family Almanac" and similar gift publications which promoted the patent medicines then burdening the shelves of all drug stores.

I was living in the village of my birth—a town of less than eleven hundred inhabitants, and there bewhiskered citizens of forty or forty-five were regarded as old men and about ready to fall before the Grim Reaper. At that time almost everybody who had reached the stage of life now called middle age was the victim of rheumatism, lumbago, stomach or intestinal disorders, fallen arches, overindulgence in hard cider, hard work, laziness, or senile decay. A really healthy and active person of fifty or sixty was almost as hard to find as a wisdom tooth in a hen's head. The toughest horny-handed farmer in all the surrounding countryside had some sort of a pet ailment for which he continuously dosed himself with a pet remedy of liniment, "bitters" or pills.

And if that fatidical doctor was right I could look forward with certainty to the close-approaching time when I doubtless would have (Continued on page 79)





Three's a Crew

By KATHRENE PINKERTON

WHEN Robert and I decided to take Bobs, our daughter of nine, and spend a summer cruising the intricate coast line of British Columbia, the procedure appeared to be comparatively simple. We'd buy a boat, stow supplies aboard and depart. Bobs had never been on shipboard, and Robert and I had never navigated or lived in a cruiser, but freshness would add zest to the adventure.

Having made our decision, we put it into execution in our usual forthright fashion, for we get on faster by trying out a scheme than thinking about it. Summer vacation was almost upon us. We were living in San Francisco, but Seattle was the doorway to cruising waters and a good place to shop for boats. Since the best way to learn about cruisers was to visit the market, Robert went to Seattle. After two days of waterfront prowling he sent a jubilant telegram announcing that we were the owners of a sea-going craft. Bobs and I took the first train for Seattle.

A taxi conveyed bags and family directly from station to mooring pier. Robert was very anxious that we like his purchase. Our praise was gratifying but of no other value. Bobs and I, never having seen a cruiser, consid-

ered any small boat equipped with living quarters a minor miracle. Robert's knowledge was much wider, for he had seen the boats he didn't buy while he searched for one within our modest budget. Now he tried to share this knowledge by describing the impossible crafts he had avoided.

I noticed the white paint of the *Yakima's* cabin was very fresh. The boat smelt of cleaning powders and Robert appeared quite tired. But the effect of the *Yakima* on Bobs and me was all that he could wish.

The boat was thirty-six feet long, with a cockpit and a hunting type cabin. The cockpit was covered by a canopy and could be enclosed with curtains. A wheelhouse amidships was open aft. From this a companionway led below. The cabin contained a large locker forward, transom berths, a combined engine room and galley, and a tiny bathroom.

The heavy duty twelve-horsepower Frisco Standard engine sat squarely in the center of the galley. Dresser and sink were on one side and stove and food lockers on the other. I mistrusted the arrangement and feared the motor would interfere with my culinary routine. Later I discovered that my viewpoint was quite wrong.

Beginning the Condensed Serialization of the Year's Outstanding Book of Thrilling Adventure Along



We never knew but that one of those thirty-foot, ten-ton masses of surging energy would come up beneath the boat. Even a flip would have crushed our planking. The *Yakima* dashed over the water like a terrified herring

ILLUSTRATOR

HAROLD DENISON

Copyright, 1940, by Kathrene Pinkerton

A cook ranked lower than an engine and I had to adjust my activities to its needs. As I worked at the dresser the huge revolving flywheel threatened my calves and the rocker arms shot up and down beneath my chin. They offered a fine opportunity for mechanized attachments, but Robert remained cold to my suggestion that they operate a master mixer.

The morning when the miracle of stowing was finally accomplished, Bobs and I lounged in deck chairs while Robert and a mechanic worked on the motor. Three days aboard a boat had taught us that women are not welcome when there is engine trouble, especially when the motor sits squarely in the center of the galley.

The portentous tones of the mechanic led us to expect the worst, but at last we heard the steady sound of the exhaust. Robert was cheerful when he came on deck. The mechanic with his kit of tools looked like the doctor who has just saved the patient.

"She's jake now," he said. "I suppose you folks are anxious to pull out."

Robert nodded. "Everything's aboard."

I listened with a sense of shock. A green skipper and a greener mate who had never taken even a rowboat to

sea were about to pilot a cruiser through the locks into Puget Sound and head north into the unknown. The *Yakima*, which had seemed very modest until that moment, suddenly grew up to be an ocean liner.

For the first time I wondered if we had been sane on that day when we had so abruptly decided to cruise along the British Columbia and Alaska coasts.

But my sudden sense of inadequacy could not hold back the swift movement of departure. Our good-bys were said. Robert rocked the huge flywheel and, although I hoped it wouldn't, the motor answered in dutiful staccato. The *Yakima* nosed out into the channel and the crowded mooring fell astern.

We were pledged to Neptune.

The momentous occasion of casting off our mooring lines for the first time called for a gay and jaunty speech, but I could only ask the skipper if he was scared.

"I'll be less so when we're through the locks," he said.

He was wrong, but he didn't know it then.

The lock attendant who took our lines appeared incredibly calm and cheerful. He regarded lock passage as a minor incident. "Move down to the lower gate, Captain," he said to Robert.

the Coastal Waterways of British Columbia and Western Alaska—by the Author of "Wilderness Wife"

This first public use of Robert's official title registered with Bobs. It did with me, although I had no reason to believe that a twenty-minute run down a canal had endowed our skipper with sea wisdom. Robert beamed in pleased surprise.

We made fast in the lock's smaller chamber alongside a salmon troller. The narrow intervening space lost its slight reassurance when I thought of the sixty feet of lines on which we were to dangle. Then two more boats entered. The bluff bow of a seventy-foot halibuter towered above our stern, and the *Yakima* looked like a Pomeranian taking chances with a mastiff.

The rear gates swung shut. Then we felt the boat move as the *Yakima* started its descent in a watery elevator.

A wet cement wall rose above us to three-story height.

We came to rest at last in the bottom of a well. The lock attendant who had stood companionably beside the *Yakima* peered down at us from a great height. I had an odd feeling of having jumped through a looking glass. The gates, which divided the fresh water world from the salt, swung open. The Pacific lay before us.

I turned to congratulate the skipper on the lock behavior of his ship and his crew, and found him engrossed in a traffic problem.

The sea was not vast and empty as we had expected. A boat astern signaled its intention as to course and the shrill toots precipitated a panic aboard the *Yakima*. I thought the skipper knew the rules of the road. He had thought he did, but in sudden doubt he demanded a reading. Quite literally I began at the beginning.

"Not all that!" he barked. "What's the rule on an overtaking vessel?"

I began a futile search that was ended by the skipper snatching the pamphlet. Somehow he tooted back the proper answer, although the other boat must have begun to wonder.

"We'd better get those rules down cold," the skipper said.

That was obvious. We couldn't go into conference every time a ship whistled at us.

Robert's preparation for the new game of cruising was far better than was mine. Also his responsibility was greater. He had taken on the double job of captain and engineer, while I, as mate, had only to relieve him at the wheel and carry out orders. Of his two jobs, he was better prepared as an engineer. Mechanics spoke of him as being "handy around a motor." His knowledge of salt water methods and hazards came almost entirely from books.

But our best defense against mishap was psychological. We had not attacked the salt water game in a cocksure spirit. A very wholesome respect for the sea was our chief asset as mariners. We knew im-

prudence and overconfidence asked for trouble, and would undoubtedly bring it.

"We'll stay safe by being scared all the time," Robert had said.

Looking for danger, we found it, and before we'd been a half hour at sea. I chanced to glance astern and saw a score of huge black fins cutting the water. The fins curved backward. Some were six feet high, others half that. All were coming swiftly toward us.

I let out a shrill yelp of terror.

"Holy Mackinaw!" Robert said, and he swung the bow sharply.



KATHRENE PINKERTON

The enterprising author of "Three's A Crew" has spent fourteen years of her life in out-of-the-way places. Four of those years were spent in a log cabin in the Canadian woods—and the story was told in "Wilderness Wife," which we recently published in condensed serial form. Following her Canadian experience, Mrs. Pinkerton, her husband and young daughter spent nearly seven years on a small boat adventurously cruising the North Pacific Coast waters—and this is the story of "Three's A Crew"

Huge black bodies rolled up under the curving fins. The largest was the size of the *Yakima*, and all were ten times as active.

"What are they?" Bobs demanded.

No one knew.

Robert guessed they might be blackfish, sometimes called pilot whales, although really a large species of porpoise. But educating a child in natural history was not so important at that moment as giving those huge creatures an unobstructed passage.

"Do boats always have to run away from whales?" Bobs asked.

Her inquiry went unanswered while whales popped up all around us. We never knew but that one of those thirty-foot, ten-ton masses of surging energy would come up beneath the boat. Even a flip from a tail would have crushed our planking. The *Yakima* rushed about like a terrified herring. It may have been undignified but we didn't care.

When the last had passed we turned limply to each other.

"Of all the dangers I've conjured up in the middle of the night," I said, "I never thought of that one."

"Here comes a lot more!" Bobs called.

We looked astern to see a second section, another thirty whales, bearing down upon us.

"I'm through dodging," the skipper said.

A bull came up for air close off the starboard counter and we heard plainly the loud "shu-s-s-sh" of his exhalation. He rolled under, and the next need for breath would bring him up beneath us.

We did nothing, although my immobility was due to plain panic. I scarcely breathed as we sailed across an empty stretch of sea. Finally, off to port, we saw the whale break water. I couldn't believe the miracle of our escape.

"I was betting that the sound of our propeller would send him down," Robert said. "Otherwise boats couldn't leave port with whales as thick as this."

When the *Yakima* finally turned north we had more than a corrected compass card to our credit. Our sea legs were stiffening, our sea manners were improving and the crew had been shaken down.

Deception Pass lay behind us. We turned now into Rosario Straits. They lay sparkling, blue and inviting across our bow. Mount Baker towered astern. Abeam were the white peaks of the Olympics. Off to the westward the Straits of Juan de Fuca led to the open Pacific. Deception Pass was the doorway to the real cruising waters.

I offered to begin my education in steering by compass even though it seemed unnecessarily nautical when we could so easily aim at a point. But point-to-point piloting would not be possible in fog or at night, or even in the larger waterways. I thought the skipper looked a bit smirky when he turned the wheel over to me. I was sure of it five minutes later when I struggled with a whirling compass. The *Yakima* weaved until our wake looked as though I were trying water writing. Like all beginners, I tried to swing the compass to the lubber point instead of the lubber point to the compass, and it was weeks before I became convinced the needle didn't move.

By sneaking sights over the bow, I made our landfall, a point on one of the San (Continued on page 51)



Should Opposites Marry?

BY DANIEL MANN

THERE seem to be two main schools of thought about Love. School A says Opposites Attract. School B says Like Draws Like. School A might be called the Jack Sprat School. School B might be called the Harmony School.

According to School A, Love is like the attraction of positive and negative poles. Man and woman complement and complete each other. But School B says magnets haven't a thing to do with it, and that the idea is to pull together—harmony, in short.

"Let's have tension between them," shouts School A briskly. "Mix 'em like air and gasoline in the carburetor. The explosion will keep things moving. Let 'em quarrel and kiss and make up. What is love but that?"

"Nay—let us have sweet sympathy between them," murmurs School B, "with never a discord in the Ivory Tower that is their home!"

Dr. E. Lowell Kelly, Purdue University psychologist, has recently joined School B. Dr. Kelly tested 300 engaged couples and found that far from being opposites they were alike in tastes, standards, religious convictions, intellectual interests, character, and the like.

But does that convince the Jack



ILLUSTRATOR • FRANCOIS

Sprat crowd? Not at all. They continue stoutly to maintain that blonds and brunettes should not be able to stay apart. Emotional persons should seek phlegmatic persons, and so on. The fiery, flaming youth who is going to be President some day will avoid any girl with a similar make-up because they would clash. Rather he will pick a bovine maiden with a kind disposition. She will be soothing rather than stimulating. When he comes home frazzled from his day of striving she will smooth the wrinkles from his furrowed brow, feed him a good dinner, bring his slippers, sit by his side dewy-eyed and dainty, discuss the day's news without being *too* intelligent.

Similarly, a girl who is a fiery redhead, says the Jack Sprat school, will

pick a fat boy who hasn't a nerve in his body, and will leave all temperament and tantrums to her.

One of the cleverest defenses of the Jack Spratt school was written some years ago by Count Hermann Keyserling. It brought consolation to a lot of quarreling married folk, and may help here. The sexes, according to Count Keyserling, must fight in order to have the thrill of kissing and making up. Only by not agreeing can they lick the platter clean. Married couples must not agree too well; the marriage goes dull without friction to give it an edge.

For love to be intense, flaming, romantic, as it should be, thinks the Count, it must work against resistance. Lacking such resistance, the marriage achieves no romantic ecstasy; it does not rise above the emotional level of a calm, prosaic friendship. And pretty soon she tries to start something by saying, "You don't love me any more."

Domestic calm is all very well, thinks the Count, for those who don't care about living dangerously and who are unwilling to pay the price of romantic passion.

So there is room for everybody. Do you want Something Doing? Join the (Continued on page 76)

MAYBE IT'S YOUR Glands

BY WAINWRIGHT EVANS



MRS. SMITH'S glands have gone haywire with the menopause. She is not getting the ovarian hormones any longer; her thyroid and pituitary and other glands are having to adjust themselves to the job of getting along without ovarian support, and are making a bad job of it.

To Mrs. Smith's astounded family, it is as if the sky had fallen. Mother isn't herself any longer. Another person, a very puzzling and disconcerting person, seems to have taken her place.

And nobody could be more disturbed and frightened by the change than Mrs. Smith herself. She doesn't want to be another person, with a waspish temper and nerves on edge. Her heart is acting queerly; her circulation is disturbed; she has the classical "hot flushes"; she breaks into profuse perspiration alternated with chills; her head aches; she can't sleep; she is restless, flighty, and irritable; she has morbid feelings of in-

feriority, enhanced by the consciousness that she is looking her age and is taking on weight; she perhaps feels twinges of unreasonable suspicion toward her husband when other women are around; she may find herself turning with almost fanatical intensity toward religion; her stormy moods are building up a feud with her husband's relatives and maybe with her own. At times she sinks into a profound lassitude; and the hardest thing she does is get up in the morning.

"Doctor," she says desperately, "if this keeps on, I'll go crazy; I know I will. The same thing happened to my mother. Her life became a long misery to herself and to all of us—especially my poor father. She had to go to a mental hospital. She died there. Now, here I am with my feet on the same path. Oh, Doctor, help me. What am I to do!"

The probability that Mrs. Smith will become insane in this crisis is fortunately remote. Most women come

**Do You Find That You Have Suddenly Become Morbid, Suspicious, Lazy, High-Strung, Obstinate?
Glandular Therapy Might Be the Means of Restoring You to Mental Health and Emotional Stability**



Suddenly one day mother goes "haywire." Her nerves snap, her temper is waspish, she just isn't herself any longer. To her astounded family she is another person puzzling and disconcerting. And mother is the most frightened one of all

through the menopause successfully. Perhaps Mrs. Smith happens to have a constitutional predisposition to insanity. But, even so, she will probably muddle through. But Mrs. Smith, millions of her, could surely use some help in the doing of it.

And that's what we're coming to. For to Mrs. Smith, science does hold out a kind of aid which, had it been known in her mother's day, would probably have restored that unfortunate woman to health and sanity.

Administered now to Mrs. Smith by a physician who knows how to use it glandular therapy is capable of bringing her back gradually to her old charming self, and thereafter of carrying her by easy stages through a change that would be difficult at best. Not only is hormone therapy doing that for thousands of women, but it is saving many a home from being wrecked by the major tragedy of insanity.

Here is one of the most successful and gratifying of all the forms of endocrine therapy. But it is by no means the whole story. Endocrinology, a branch of medicine so new that it has just begun to walk, offers potent help to thousands of persons.

Glandular treatment is capable of restoring a large

proportion of these to health and happiness, and to the ability to take their place in society and do their work in the world effectively—though at present they are misfits. It is capable too of preserving the sanity of many who would otherwise be destined to lose it. Almost three-fourths of all patients in mental hospitals show endocrine abnormalities of some kind, and that this includes the borderline psycho-neurotic cases, the "nervous" people, as well as those who are actually psychotic (insane).

Many people whose own lives are made miserable by their mental and nervous instability waste much valuable energy reproaching themselves for their sins, and for their inability to manage their minds. They would find the management of their minds, their nerves and their conduct reasonably easy if they would get their glands somehow straightened out by diet, by exercise, by right living in general—plus the ministrations of some competent endocrinologist if the difficulty did not yield satisfactorily to such natural methods.

Is Susan so quick-tempered and touchy and easily upset that she can't accept the rough with the smooth the way her own sister (Continued on page 71)

HAS MY WIFE

Forgotten Me?



Exploring Your Troubles with Our Psychologist

Lawrence Gould, consulting psychologist in charge of this department, will be glad to analyze your problems with you, either through the columns of the magazine or by personal letter, in an endeavor to help you cope with them more successfully. In writing, you need not sign your name, but you should state your case frankly and honestly. This department, of course, cannot undertake to answer every letter that is received, nor can it assume to any degree the responsibility of solving your problems for you. It merely places at your disposal, upon your specific request, the comments of an authoritative psychologist who has had many years of successful experience in dealing with social problems. All letters submitted to this department become the property of Macfadden Publications, Inc.

ILLUSTRATOR • J. HENRY

DEAR PSYCHOLOGIST: I am a man thirty years old and am married to a girl whom I love very much and with whom I was perfectly happy till our little son was born, three years ago. My wife was very dangerously ill at that time, and at first I thought it was the effects of the illness that made her seem to have no more interest in me. But I gradually realized after she was better that the real trouble was that she had taken all her love away

from me and given it to the baby. From the moment she first held him in her arms she has been totally indifferent, paying no more attention to me than she absolutely has to, apparently caring nothing about what I do or where I go, and practically never even talking to me except about little Jimmy: how cute he is, what he has said and done, and above all, how afraid she is of anything happening to him.

The queer thing is, she does not seem to want me to have anything to do with Jimmy at all, not even to play with him, and the two or three times I have tried in little ways to discipline him she has flown into a perfect rage; called me all sorts of names (right in front of him) and wound up by threatening to "take him away where I will never see either of them again." I know, of course, that a girl's first baby nat-

urally means a lot to her, but I can't see why that is a reason for leaving her husband entirely out of the picture. Besides, he's my son, too, and I think I have some rights, not only to make friends with him, but to keep him from growing up as completely spoiled as I'm sure he will be if his mother keeps on treating him the way she does now.

Do you agree with me? And if so, can you suggest anything I can do about it?

ANONYMOUS

I AM sorry to say, my friend, that the attitude you say your wife has adopted is not an uncommon one for a young mother to take, even though it results in a situation which is even more unfortunate for the baby than for either of the parents.

To begin with, nothing could be worse for (Continued on page 65)



The splendid physique of John C. Grimek who is shown holding the Bernarr Macfadden trophy which was presented to him personally by Mr. Macfadden on his winning the A. A. U. "Mr. America" title. The contest was held at Madison Square Garden to select the best developed and proportioned amateur athlete in the United States

Arms News

The Body Beautiful

PHYSICAL *College*



Archery is fast becoming one of the most popular of the collegiate sports



International News

A high-jumper crossing bar in good form

A pretty goal tender on a college field hockey team



Black Star



One of the newcomers to the field of collegiate competitive sports is volley ball. Here are four girls caught in some fast action at the net



CULTURE *Girls*



A group of fencers line up
"on guard" for their coach

International News



A hard-hitting miss is "safe at second"

Keystone View

Pictorial Publishing Co.



The cheering section, stylishly
dressed in socks and knee skirts,
turns out to watch their track
team's star sprinter, at right



THE Ladies CAN SWING IT

THE first time I met Mrs. Opal Hill was at the Merion Cricket Club in Philadelphia during the Women's National Golf Championship in 1926. She was registered from Meadow Lake, Kansas, and no one in the East knew very much about her. Mrs. Hill had played the game only a few years, but was the perfect example of what golf can do for a woman, and what a woman can do to golf when she puts her mind to it.

It was Opal's bad luck that the draw pitted her against Glenna Collett in the first round. Glenna was the top hand of American golf, and one of the finest players among the skirted contingent in all the world. Everyone expected the woman from the West to go down to humiliating defeat. But she didn't. Playing magnificently, and with sublime courage, she carried the champion to the 17th hole before bowing out.

Mrs. Hill thus became the first beacon of hope for Mrs. Average Housewife, who needs an outdoor hobby to keep the scales of health balanced. She was ill and depressed when her physician suggested she take up the game, and she accepted his prescription with no real hope that it would do her any good. Day after day Opal was out in the sun and the wind, and within a few months was tanned and fit, and feeling better than she had ever done since she was a little girl. But, something else happened.

She became fascinated by the possibilities of the game and, as she began feeling better, spent more and more time mastering shots. Within a couple of years Opal was one of the best players in the Middle West, and made her bid for National recognition.

Women's golf today is amazingly good, and, as a matter of fact, has improved proportionately more than men's. Ladies can play golf. They play a lot better than most of us believe possible, and are getting better all the time. If they can go around in any sort of reasonable figures, they add something to the game that would be lacking otherwise. Woman has a natural grace that makes her a delight on the dance floor, or diving board, or anywhere that grace is a factor in achievement, as it certainly is on the links.

One of the reasons for her improvement is that she takes better care of herself than the average man. During a tourna-

Photos by Aema
and International News

Dorothy Kirby, of Atlanta, Georgia, playing in the annual North and South Championship held at Pinehurst, N. C.

Marion Miley, of Lexington, Kentucky, driving in the Women's Western Golf Championship held at Evanston, Ill.

Betty Jameson of San Antonio, Texas, when she won the 1939 United States National Women's Open Championship

The Success Story Behind the Top-Flight Women Golfers
of America—and Why They Are Constantly Coming
Closer to Matching Power and Skill of Men Champions

BY JACK KOFOED

ment it is seldom that you see a feminine competitor drinking or staying up late. In this, she is much more conscientious than her male prototype, and hewing to the line of physical fitness is a vital factor in winning.

It has been proven by many tests that keeping the eye on a moving object is easier than on a still one. So, concentration and control are the determining factors in tournament golf. The game simmers down to a war of nerves. Women, as a whole, are supposed to be inferior to men in these qualities, in addition to being the weaker vessels in a muscular sense. But, they have overcome their handicaps to an amazing degree.

Of course, they never will be able to hit the ball as far as the leading men, because they lack the power generated by bigger arms and shoulders. Timing is the deciding factor, but given two people who time their shots equally well, the stronger one will hit the longer ball. That is why even the most powerful hitters among the women fall far short of the male siege guns.

Last year I made a movie short of star golfers at Augusta, where the Masters' Tournament was being played. Among the spectators was freckled, stocky, lovable Patty Berg, who happens to be the best woman golfer in the world today—and Patty agreed to hit some shots for me.

With the camera geared for slow motion, I had Miss Berg and Sam Snead, one of the longest hitters the game ever saw, drive off at the same time. They started their backswing at a given signal. Like most women, Miss Berg is very slow going back, and she had not quite reached the top of her swing by the time Snead was already coming down.

The slow motion camera recorded a very interesting fact. Sam's ball was already soaring down the fairway quite a distance by the time Patty struck hers. There was that much difference in the speed and power generated by an outstanding man and woman. We paced off the (Continued on page 62)

Virginia Van Wie at the time she was defending her crown in the 1933 National Women's Golf Championship at Chicago

Young Patty Berg, the "Minneapolis Marvel," considered by experts the finest woman golfer playing today

Joyce Wethered of England, now retired from competitive playing, who was once one of the "greats" of British golfing



The BACKBONE of HEALTH

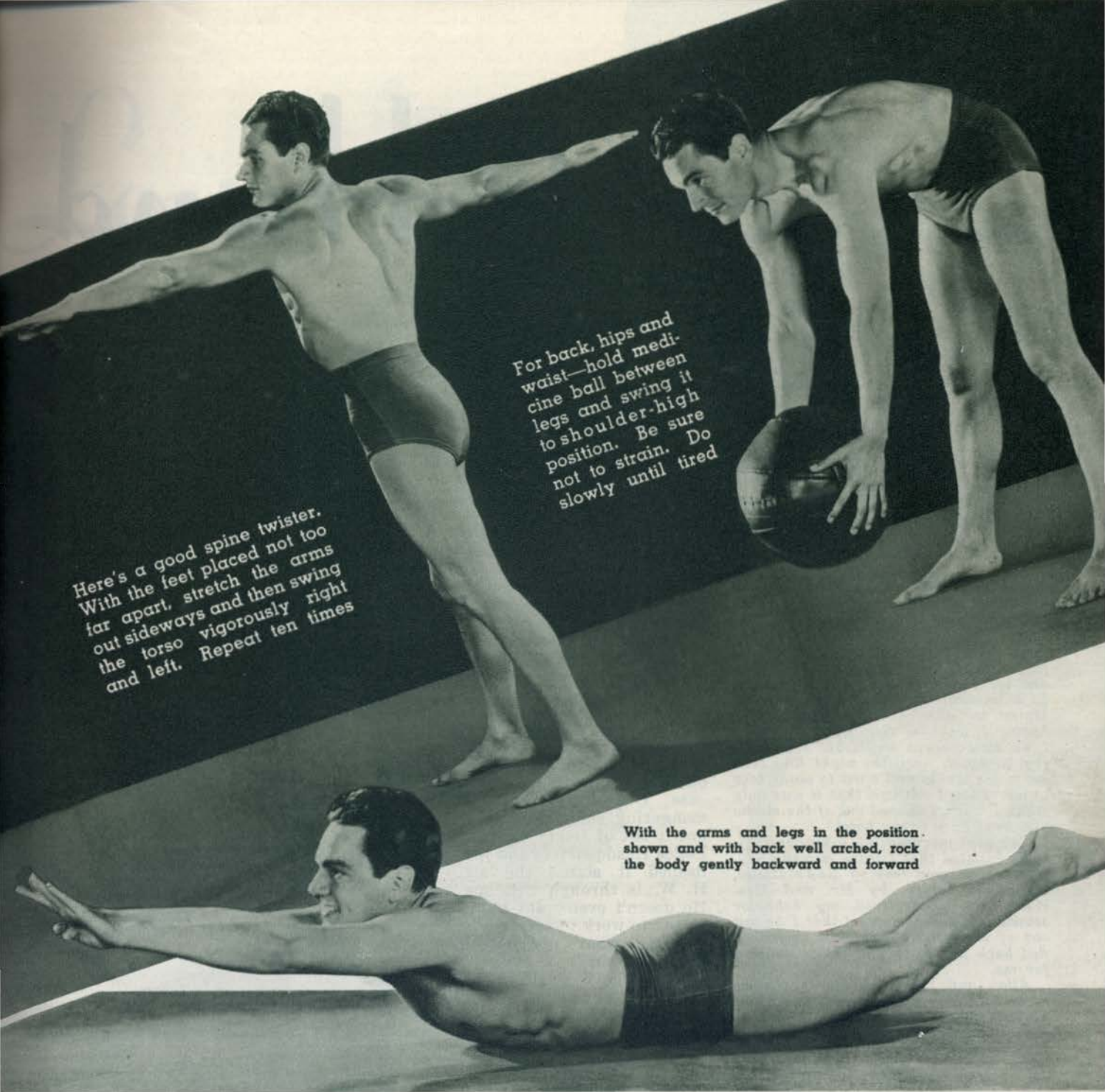
By NORMAN
PRENTICE

POSES BY ROBERT GREENE
PHOTOGRAPHS BY MACFADDEN STUDIO

For the shoulders
and back — stand
with feet apart,
arms outstretched.
Touch left hand
to right toe, and
right hand to left
toe. Do ten times

A good exercise for the small
of the back. From a standing
position, with feet apart and
arms stretched overhead, bend
down and touch floor with the
fingertips. Repeat ten times

The wrestler's bridge is a "must" in
back exercise. Raise the shoulders
and hips from the floor by placing
the body's weight on head and heels.
Then roll gently on top of the head



Here's a good spine twister. With the feet placed not too far apart, stretch the arms out sideways and then swing the torso vigorously right and left. Repeat ten times

For back, hips and waist—hold medicine ball between legs and swing it to shoulder-high position. Be sure not to strain. Do slowly until tired

With the arms and legs in the position shown and with back well arched, rock the body gently backward and forward

JUST why does one have a backache? Does it mean, for instance, that he has kidney trouble? Not in all cases, because many persons with serious Bright's Disease do not know they have it until they are told by a doctor, who ascertains it from other indications, not the backache.

On the whole, aside from occasional conditions of strain, the exceptions of arthritis, and sometimes, in the case of women, the burden of pregnancy or of female trouble, the reason a back aches is because it is not strong enough. The mere sense of fatigue due to such weakness is in itself a backache, whereas with rugged strength one is not subject to such fatigue.

Standing is more fatiguing than walking because it means unrelieved

muscular tension, whereas the continuous action of walking and the constant shifting of effort with each stride provide the momentary relaxation, along with the more active circulation, that enables one to keep going in comfort, just as the momentary relaxation in the heart-beat enables that muscular structure to work continuously for the best part of a hundred years.

One can walk all day with less feeling of fatigue than he will experience in two or three hours of Christmas shopping. Perhaps one reason why women have so much trouble with backache is that they spend so many hours standing at the work in the kitchen. It takes a strong back to take it without discomfort, and the majority have not the back strength they should have.

Did you ever pick strawberries or pull weeds in the garden by just bending over, instead of getting down on one knee, shortly finding your back so stiff and lame that for a minute you could not straighten up? That is an extreme example. But the very nature of the upright attitude of the human species is such as to involve similar muscular tensions in various parts of the back—more or less in the whole back—and while you may not realize it, many hours of this in sitting and standing inevitably produce a lasting fatigue which is made known to the sufferer as a backache.

This writer's own notion of the need of strength is fairly well expressed in the general principle that one never has enough of some things until he has (Continued on page 75)

Second-Hand

IN THE PRECEDING INSTALMENTS:

WHEN I met young Allan Nicoll, I was still half in love with Ray Thorpe, an artist, who had made it quite plain that he did not wish to marry. But in Allan's company I soon forgot Ray, and in a few months Allan and I were married. Not long afterward, I found in Allan's closet a diary containing an intimate account of a love affair between him and another woman, and I realized that I was Allan's second choice—as he had been mine.

When I reproached him, Allan told me about Gerry Brislow—that she was a selfish, wilful girl who had treated him badly and had then married Fred Lawson out of spite. Allan sent the diary back to Gerry and promised to forget her. But the incident rankled, and we began to quarrel over trifles. In a moment of pique, Allan went to Maine for a vacation, leaving me at home. I went to Sea Cove, where I knew Ray Thorpe would be. I was enjoying myself until the night Ray took me to his studio and tried to make love to me. Then I realized that it was only Allan I loved. I rushed out of the studio and went back to my hotel.

The next morning the manager furiously insisted that I leave immediately. I had been seen leaving Ray's studio, the night before, by Mr. and Mrs. Wiley, who considered my behavior scandalous and demanded that I be put out of the hotel. Sick with shame, I fled back home—to find Allan waiting for me.

Allan and I were beginning to be serenely happy again, when one night he took me to meet an important business customer with whom we were to have dinner. It proved to be Mr. Wiley—and his wife. When they recognized me, they haughtily left the restaurant.

A few nights later Fred Lawson came to our apartment and angrily demanded that Allan stop seeing his wife, Gerry. Allan tried to deny it, but his face was crimson with guilt. After threatening Allan, Fred Lawson finally left.

Allan and I were heart-sick with the mess we had made of our marriage—with what we had done to each other—and with our blindness in believing we could escape the past. But the crushing blow occurred when Allan came home one night and showed me a front-page newspaper account of a violent quarrel which had taken place between Fred Lawson and his wife over "attentions paid to her by another man"—and which had ended by Fred being critically shot through the right lung.

THE STORY CONTINUES:

THE newspaper fell from my hands. I looked at Allan, and found mirrored in his face the same terrible fear that filled me. The telephone rang. I started for it, but Allan was nearer and picked it up.

"Yes?" he said in a dead tone. "What? Oh—H. W.!"

His employer on the wire! I listened in dread. H. W. was doing all the talking. Now and then Allan tried to get in a word, but the other's voice rose in the receiver and shouted him down.

Finally Allan said, "Yes, Mr. Waterman. I—understand. Good-by!" He put down the phone.

"What is it, Allan?"

"I'm fired!" He looked at me with stricken eyes. "H. W. has learned that I am the other man in this Lawson case. One of those scandal-mongering radio columnists got it out of Gerry down at Police Headquarters and just flashed it across the air. H. W. is through with me. He doesn't even want me to report to work tomorrow. A check for what's due me will be sent to me."

"Oh, Allan!" I said in dismay.

He laughed mirthlessly. "So that's that! Now all I've got to do is start at the bottom again. After I've lived down this scandal. Say in a year or two, eh?"

"Don't take it like that, Allan," I said. But there was no life in my voice. I was crushed.

It was not so much worry about the loss of our livelihood. We had a substantial sum in the bank to carry us



"Are you coming, Allan?" she said deliberately. My guests stiffened in their chairs. There was a dead silence. "Gerry! Have you gone utterly mad?" exclaimed Allan. "Mrs. Lawson," I said furiously, "I must ask you to leave at once!"

Love

ILLUSTRATOR
SEYMOUR THOMPSON



until Allan found something else. No, it was another thing that crushed me. I felt a curious sense of guilt. If I had not let Allan go off alone last July, he would not have seen Gerry and the whole train of circumstances that had led to Frederick Lawson's critical injury would not have taken place.

Allan apparently felt the same way. "Poor Lawson!" he said. "I feel as if I had helped aim that gun at him. If only I had had the sense to stay away from Gerry last summer—"

He buried his face in his hands.

A heavy sense of guilt and shame oppressed us both. It grew worse in the days that succeeded.

The tabloids got hold of the story,

and pictures of Gerry and Fred Lawson and one of Allan too, which a reporter had obtained from Gerry's maid, flashed on the front pages. Then we were besieged by reporters, too. It was awful. I began to shiver every time the door-bell or the phone rang.

But even all this could be borne better than the way our friends and acquaintances took the scandal. I shall never forget the silence that fell on the entire huge room of the Country Club the evening Allan and I, sick of staying at home, drove out there. The cold looks, the frigid greetings, made us feel heart-sick. We stayed half an hour, just to save our faces, then went home, silent and miserable.

For Allan things were even worse.

The police had him down for questioning and then ordered him not to leave the city until Fred Lawson's injury took a turn one way or the other; they wanted Allan as a material witness. Under this cloud of scandal and worry Allan went out to look for a new position. He found no opening.

"I can't blame them," said Allan miserably. "Why should they take a chance on a man who has been kicked out of the best advertising firm in the city—a man whose name will be dragged in mud if poor Lawson dies?"

"You can afford to wait till it all dies down," I said. "We're not pressed for money. And if we do get that way, (Continued on page 58)

DANCE



Music, maestro, 'cause here we go with a jumping jive and a red hot bit of rug cutting that's right in the groove and plenty solid

Hold your partner loosely and slightly away from you so that each of you have sufficient room in which to execute the free-swinging steps of the modern dance

SHOW me a person who loves to dance and you show me a happy one. As health and happiness fit the same glove, it is easy to presume that healthy people love to dance. They should, because dancing is an expression, as old as the hills, that enables us to throw off tension and worries and little annoyances in life. It literally and actually takes the kinks out of our bodies and, although there's nothing new about dancing, each time you dance, you experience new enjoyment.

In an eminent treatise on the dance, Troy and Margaret West Kinney tell us: "Before logic, man knew emotion; before creed, ritual."

That's going pretty far back. Be-

fore man had organized religion, he practiced dance rituals. Chanting voices and a hollow tree, shaped like a kettle drum. The birth of rhythm. Dancing 'round a wild fire, like wild-fire. Dancing as long as breath lasted. Dancing, dancing, dancing. A new, sharp beat on the hollow tree and savage legs moved faster. Dancing 'till the fire burned out.

It came down through the ages in every country, everywhere. It's still with us. We change styles and rhythms. Music is revolutionized. We become prudish, then savage again. But we never stop dancing. We dance through wars and earthquakes. The dance survives. It's innate. Above all, it's healthy because

it frees the mind of troubles and always keeps us young.

The dance, like every art, can be abused. When faddishness sets in, our dancing often becomes ungraceful. The pattern becomes too limited and the natural, creative inclination is lost. Yet the dance, no matter what its scheme may be, is a tonic for the sedentary individual and an everlasting joy for the one who dances because she loves to dance.

Because dancing maintains our youthfulness, we should continue it through our forties, into our fifties, past our sixties. You've seen aged couples waltzing. There's something picturesque and encouraging in such a sight. It reflects affection and sta-

Your CARES AWAY

**BY HELEN
MACFADDEN**



The steps of modern dancing have a tendency to be just a bit tricky, so when you are learning how to do them make sure that you "watch your step"

bility and happiness. A couple that still enjoys dancing together after years of marital unity is good proof of devotion—and the spirit of youthfulness. Elderly people who still like to dance have that characteristic twinkle in their eyes and happy expression on their faces. You can forget their actual age.

In order to get the most out of dancing, a few things are important. First, the place should be airy and cool. Rooms full of cigarette smoke afford too little healthy air. You



How about a little dip? It's a graceful step, full of slow, swing rhythm, that can be used in tango or waltz, or you can blend it into a fast shag

become tired quicker and if the floor is over-crowded, you have no chance to enjoy the steps. Summer months offer an ideal time to dance outdoors under the stars. With no roof over your head you can breathe freely and, with a good dancing partner, the music should get in your veins.

You should be enthusiastic about your dancing, forget your silly complexes about being awkward. Let yourself go! That's what (Continued on page 77)

Here's an easy walking step called the "conversation." Fits into any kind of dancing, helps to acquaint you with your partner, breaks up the rhythm of faster steps



KEEPING FIT WITH HELEN MACFADDEN

PHOTOGRAPHS BY MACFADDEN STUDIO • POSES BY THE AUTHOR AND BILL McCOY

SEPTEMBER, 1940



CÉCILE

EMILIE

ANNETTE

Going To Beat The

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WHEN John Armstrong wrote "Music exalts each joy, allays each grief, expels diseases, softens every pain," he was, in fact, prophesying a scientific discovery that was then yet to be made. Modern therapeutics has established this thesis to be correct: music is curative to a surprising degree, and it is preventive medicine to a greater one.

This fact has been recognized in the upbringing of the Dionne Quintuplets. "They love music and we are trying to give them a good education," comments Dr. Allan Roy Dafoe, their personal physician, "but it isn't intended to establish them as musical prodigies. We simply think they should be enabled to enjoy life, to the fullest, and that means, of course, growing up with a love of music."

Music is of two kinds: the music you hear and the music you express. One heightens the enjoyment of the other. The Quins, as all babies should, began hearing lullabies in their cradles. Soon after they were two, they began learning how to express themselves in music.

A piano was placed in their nursery, a nurse fingered simple folk tunes of France and French-Canada, and Marie, Annette, Cecile, Yvonne and Emilie learned to sing and remember *Frere Jacques*, *Dormez-Vous*, *La Poupee' Do Do*, *Au Clair de la Lune*, *Bonjour Belle Rosine*, and similar songs.

Observation showed this served a double purpose: it nurtured the musical tendencies that lie latent in every human waiting development, and it gave them their first training in self-expression. Due to their comparative isolation, the Quins' language development was slower than that of most children. The songs taught them new words, new ways of expressing their feelings, gave them emotional outlets. They helped start the Quins out in life with steadier, smoother, sweeter voices.

From their earliest days of activity, the Quins had a rest period before their midday meals; a half hour in which they had to lie in their beds and relax from the excitements morning brings growing, lively children. It was found that they were more inclined to rest and



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Band by CLARK KINNAIRD

to relax if during this period phonograph records were played to them. They got up obviously refreshed, ate their lunches with relish, had few if any digestive troubles.

In their third year, their training in rhythm and harmony began with toy but nevertheless effective instruments: drum, tom-tom, triangle, tambourine, bell, xylophone, and cymbal. They took turns playing each of these and, of course, some showed more versatility than others. Annette's talent was the first to be apparent, but they all learned to keep time on these instruments to the accompaniment of the piano played by their nurse. Their regular sessions with these instruments began to be something to which they looked forward, and they had the natural desire to sing or bang on things more often during other play periods.

As they began to walk the Quins learned to take steps in time to music. In fact, their walking education was hastened by doing the "caterpillar"—a dance figure in which they weave around at the leader's will, each

holding on to the dress of the one ahead. They progressed to the dainty bowing of *Sur le Pont*.

In the last year, one result of the development of their natural musical inclinations has become apparent. They have begun, without instruction or encouragement, to pick out tunes with two fingers on the nursery piano. They have heard popular songs over the radio and have had brief infatuations for Tin Pan Alley products but they have shown a preference for better music. Without further encouragement, they probably will learn to play the piano well by ear, and this will be all to their advantage, contrary to an idea apparently held by many parents that children's musical education must begin by their learning to read notes.

"I don't think there is any doubt that all five of the Dionne Quintuplets have musical talent," says Dr. Dafoe, but he doesn't attach any extraordinary significance to this fact. He agrees with Jascha Heifetz, the master violinist, who says: "Every child has an instinct for music waiting to be developed."



RKO Radio Pictures

3 STAR Career

Meet Miss Ilka Chase—Who Sparkles on the Broadway Stage, in the Fashion Films, and on a Nation-Wide Radio Program

Constance Hope Associates



A woman who has poise, beauty, good taste, and distinctive wit—

IF THE career gals in business and the various professions ever select a woman as being the most representative of beauty plus brains, the chances are that she will be Ilka Chase.

Miss Chase looks deceptively like a smilingly efficient young president of a successful woman's organization. She has poise in addition to good looks; she dresses with distinction, and she has the gift of smooth and witty conversation. After you have talked with her for a while, you decide that she is the living portrait of a well-to-do young suburban matron with a quick mind and too much leisure, who makes a charming hobby of work.

But little as her appearance suggests it, Miss Chase is really a dyed-in-the-wool careerist who gets restless when she is not juggling several jobs at one time. At present, she is starring in a Broadway play, conducting a nation-wide radio program, and lending her voice to the technicolor fashion films for which she writes the comment.

As if all that were not enough for one feminine brain and one pair of hands, she is playing her very special role of home maker to the infinite satisfaction of the head of the house and the approval of a vast group of friends.

A flair for organization is what allows this three-star celebrity to succeed in all directions without abandoning

her beauty routine. You may believe that you lack the time to take the proper care of your skin, to brush your hair until it shines with healthy luster, to go through the exercises that make you both fit, slender, and more charming in your appearance. But if your job demanded such meticulous self-cultivation, I am certain that you would maneuver it!

Miss Chase explained to me that she is a great believer in doubling up on one's beauty chores as a means

PHYSICAL CULTURE

Girl

NBC Studios

BY CAROL
CAMERON

By Camera Features, from
Constance Hope Associates



—and who makes a charming habit of work

Also included in this department
this month are:

"THERE, LITTLE GIRL, DON'T
CRY!"

SHADOW AND SUBSTANCE

YOUR GLOVES, MADAME!

POTPOURRI OF GROOMING
HINTS

FASHION GOSSIP

—and other items of feminine
interest which make for—

MORE GRACIOUS LIVING

of saving time—
and energy as
well. The weekly
hair-do, being a
must on the average woman's calendar and sitting under a hair-dryer being univer-

sally regarded as valuable time wasted, Miss Chase, clever girl, has devised a plan by which this thirty-five minutes serves also for a beauty treatment.

After cleansing her face, she applies an emolient cream to the region about the eyes, using gentle up and outward strokes of the fingers, and sits with eyes closed for the length of time required to dry her hair and set the wave. This has the additional advantage of nourishing and resultantly smoothing the skin that would

apply cream luxuriously. Leave it on while you bathe. The steam from the tub opens the pores and permits the cream to penetrate much more effectively.

Afterwards, be very careful to remove every particle of the oil (and, by the way, you will be astonished at the grime that comes with it!) and finish with an astringent, or a dash of cold, cold water over face and throat. If you are the provident type, you might have a bowl of ice cubes melting while you take your bath-facial, and use the water for this purpose.

Walking may not be the most exciting exercise you can imagine, but it is the most dependable. Ilka Chase always walks at least two miles a day. Whenever there are errands to be done, she does them afoot, but she also walks briskly for three-quarters of an hour. If she were a woman of scheduled leisure, Miss Chase would get all her stooping, bending and stretching exercise at gardening—for she is no (Continued on page 67)

No arm-chair gardener, Miss Chase finds that growing marigolds is a splendid body-slimming diversion

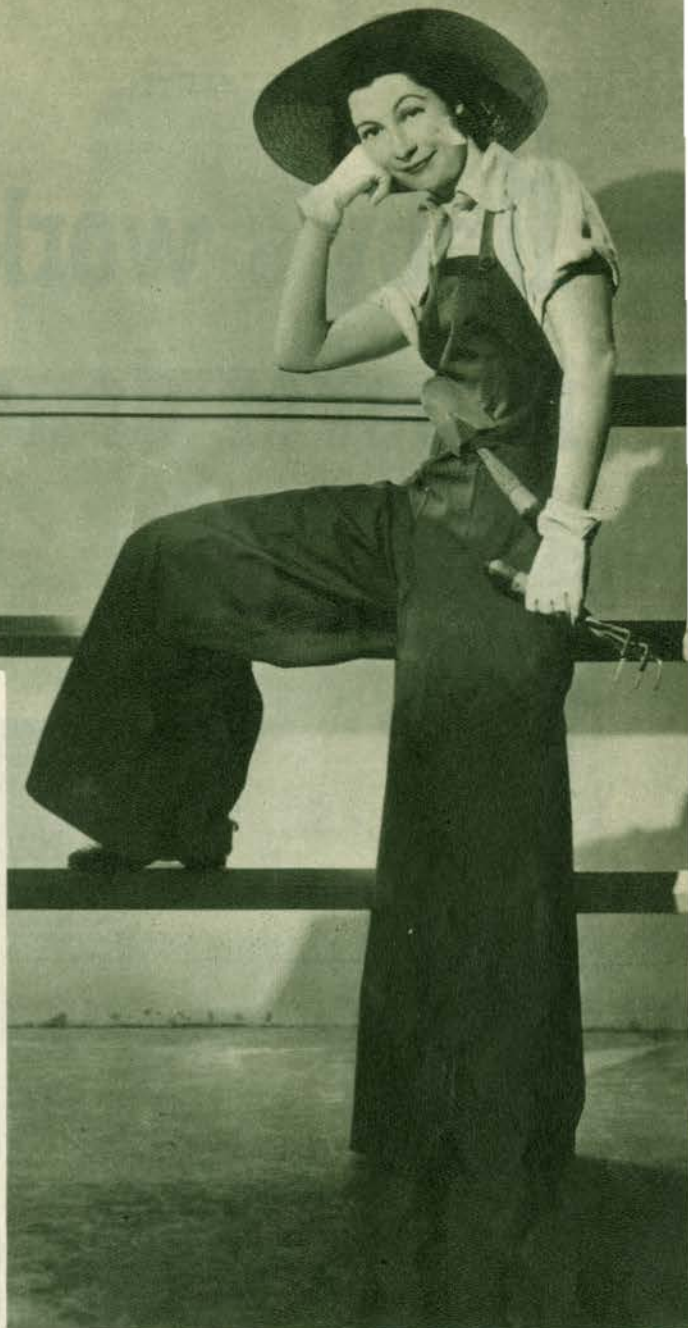
otherwise be dried out by the searing heat from the dryer.

Here is another doubling-up trick suggested by this ingenious career girl. While taking your bath, treat yourself to a facial. Protect your hair with a snugly wound towel turban, cleanse the face and throat thoroughly, and

apply cream luxuriously. Leave it on while you bathe. The steam from the tub opens the pores and permits the cream to penetrate much more effectively.

Afterwards, be very careful to remove every particle of the oil (and, by the way, you will be astonished at the grime that comes with it!) and finish with an astringent, or a dash of cold, cold water over face and throat. If you are the provident type, you might have a bowl of ice cubes melting while you take your bath-facial, and use the water for this purpose.

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Baby's work is never done

"Seem's all I do is scrub and scrub—"



"—and then hang clothes up to dry—"



Photos by Loder



"—and press them
get them all white
just so they can
dirty all over ago

H. Armstrong Roberts



SOME Babies Learn Slowly

BY MARY HALTON, M. D.

GYNECOLOGIST, OBSTETRICIAN, AND CHAIRMAN
OF THE EQUAL RIGHTS FOR BABIES COMMITTEE

**Exercise Great Care with Your Baby If He Is Slow
to Learn, Lest in Moments of Angry Impatience You
Irrevocably Cripple His Confidence and Character**

I MET the Senator by appointment at the door of the Capitol. "Yes," said he, "I can give you a few minutes now to discuss this Baby Bill of yours—but let's do it at Aunt Kate's house. She is expecting me for tea and I never disappoint her."

We got into the Senator's car and in a few minutes we were being welcomed by Aunt Kate. Plump and smiling in a soft blue dress, her golden curls half turned to platinum with age, she seated us at the tea table. What tea! The connoisseur's perfect product—and golden-brown, delicious muffins. Aunt Kate was famous for these, the Senator said. But what impressed me most was the smiling gentle courtesy and kindness to me, a stranger.

Aunt Kate paid no attention to our

legislative conversation even when I tried to include her, but the Senator explained as we came away. "Aunt Kate," he said, "is really my sister but she is so beloved by her circle that everyone calls her Aunt Kate."

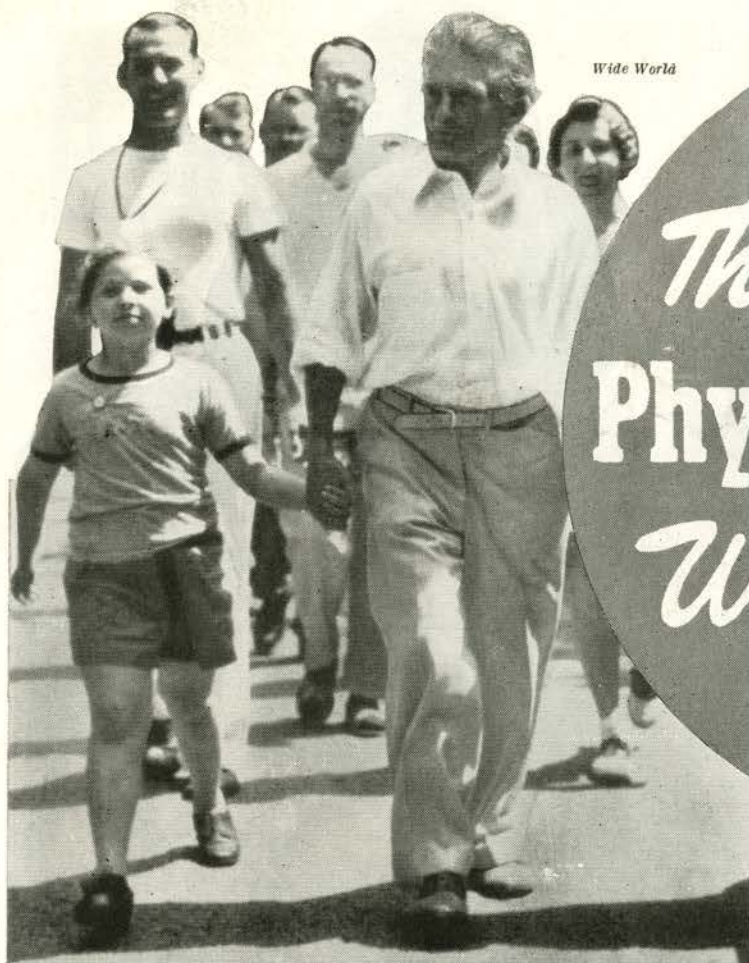
"Most of our family are pretty brilliant people. Kate was the backward one, but Mother taught the other children to take care of Kate. She did not get on in school, so as we grew up we gave her the home-
stead and an income. We all come home to her at times and she is the

world's best cook and housekeeper. Really, though, if you measure human values, she is probably the one of the family who does the most good for she lives a life of devotion to her circle of acquaintances and is the most beloved woman I know."

I pondered what a wonderful mother that family must have had, to develop the aptitudes of her brilliant children and devise a life so cleverly for the "stupid" one.

The backward baby continues to appear in many households. In fact fifteen per cent of our population are mentally retarded.

The backward baby, slow to learn how to feed himself, to keep clean, to talk, to cooperate with others, generally calls down upon himself continued (Continued on page 46)



The National Physical Culture Walking Club

Bernarr Macfadden and Elizabeth Heilbron, aged nine, lead the hikers en route from Philadelphia to the Physical Culture Hotel at Dansville

FIRST of the pilgrimages to Dansville got under way June first, from Philadelphia, Pa., when Sam Thompson, hearty, enthusiastic veteran of the 1939 Macfadden Health Walk, led a contingent of men and women from nineteen states and Canada on a 350-mile hike to Physical Culture Hotel.

The walk started from Philadelphia and covered the dairy and anthracite regions of Pennsylvania and New York. Eugene Bonniwell, Municipal Court Judge and Chairman of the Middle Atlantic Amateur Athletic Union, fired the starting gun. Together with Charles E. Klein, Judge of Orphans' Court, Philadelphia, he gave the hikers a civic stamp of approval from the Quaker City.

Youngest walker was Elizabeth Thompson Heilbron, nine, and the oldest was Charles Merz, sixty-seven, of Fort Lee, N. J. Among the walkers were lawyers, business men and women, housewives, a chemist, a retired inventor, a Y. M. C. A. executive, a theatrical agent and an engineer. Many were veterans of previous Macfadden hikes and all were inspired by the health-building benefits of walking. One of the features of the walk was the regular serving of fresh milk and buttermilk at intervals during each day. This free service was provided by the Eastern Guernsey Breeders Association in appreciation of the health-spirited leader of the walk, Sam Thompson, who is a member of the association. An average of better than twenty miles a day was maintained.

One of our staunchest hiking friends is Verne E. Miller, President of the Philippine Education Company in Manila, and a veteran Macfadden walker. Mr. Miller took part in the 1939 walk to Dansville and went back home so full of enthusiasm he has been lecturing all over the island, proclaiming the great health benefits of the popular pastime. Every morning in Manila Mr. Miller takes a long walk, as much as ten miles, before breakfast. He's sixty-three years old but he says he feels thirty years younger. Plenty of walking is the answer to keeping youthful, he insists.



Verne E. Miller, ardent physical culture walker, doing his daily hike aboard the *M. V. Tai Yang*. He walked several hundred miles around the deck while crossing the Pacific to his home in Manila

A group of the Sky Line Trail Hikers of the Canadian Rockies pause for the view overlooking Lake Redoubt



Without a doubt, one of the most inspiring hiking localities in the Western hemisphere is the Canadian Rockies, and from the Sky Line Trail Hikers comes a fine panoramic view showing members of the club near Lake Louise, Alberta. The club, organized in 1933, now has 180 members and according to its constitution one of the chief aims is to foster good fellowship among those who visit and live in the glorious Canadian Rockies. Every year the club selects a different camp site and hikes radiate from that location. The camp lasts four days and hikes average 12 miles a day. This year's camp, to be held at Egypt Lake, southwest of Banff, will start August 2nd. Samuel Ward is President of the club.



Wide World

Above, the Philadelphia-to-Dansville hikers drink to their coming success with a glass of milk, and below, Bernarr Macfadden shows the way as the hikers passed through Fairmont Park on the outskirts of Philadelphia

Wide World





Mother AND Daughter

LOOK-ALIKE CONTEST

CONTEST RULES

1. Mothers and daughters anywhere, except where either or both are employees of Macfadden Publications, Inc., or members of their families, may compete.

2. Enter by submitting a photograph of mother and daughter posed together in bathing suits. Studio pictures are not required. Snapshots will be accepted. Pictures must be of sufficient clarity and value for published reproduction.

3. Each picture must be accompanied by an official contest coupon properly filled in.

4. The picture showing the mother whose youthful appearance and measurements listed on the coupon (on page 75) most nearly duplicate the physique and beauty of her daughter will be adjudged the best and will be awarded the first prize of \$25.00. In the order of their excellence on this basis other entries will receive the following awards: Second Prize, \$15.00, and six Third Prizes of \$10.00 each. In the event of ties duplicate awards will be paid. All winning pictures become the property of Macfadden Publications, Inc., for reproduction wherever desired.

5. The judges will be the editors of PHYSICAL CULTURE and by entering you agree to accept their decisions as final. No pictures will be returned.

6. Submit all entries to Look-Alike Contest, P.O. Box 556, Grand Central Station, New York, N. Y.

7. All entries must be mailed before midnight, September 5th, 1940, the closing date of this contest. Entries with insufficient postage will not be accepted.

IN RESPONSE to our announcement in the August issue of a Mother and Daughter Look-Alike Contest, we have received a gratifying number of entries. Mothers and daughters from all over the country are sending in their photographs, together with statistics of their weights and physical proportions—and the contest promises to be one of keen competition.

In addition to receiving cash prizes, the photographs of those entries which are adjudged the best by the editors of PHYSICAL CULTURE will be published in an early issue of the magazine. For those of our readers who have not yet learned of the contest, we repeat, at right, the official rules. The official entry coupon will be found on page 75.

It is our belief that youth is a matter of living rather than of years. Too few women realize the possibilities of retaining, up to their late forties and early fifties, the vigorous health and attractiveness which characterized the youth of their twenties. The purpose of this contest, therefore, is to gather together and publish outstanding examples of mothers who, by means of a regimen of careful and energetic living, have so completely retained their youth and charm that they look and act more like their daughters' sisters than their mothers. In doing so, we hope to encourage other mothers to seek to regain the happiness and fullness of living that comes from a well conditioned and soundly functioning body.

There is only one thing that can compare with the charm of youth—and that is the infinitely more subtle charm of a woman who has refused to relinquish her youth to the passing years, who has gained the poise and dignity of experience, and who has retained the beauty and physical vitality of her girlhood. It is a great ideal and one that can be achieved by any woman who realizes the happiness, pleasure and benefits that such a life holds.

Many Are the Causes of Gastric Ulcer—and Most of Them Are Common Eating Mistakes of which You Too Are Probably Guilty. So Take Sound Advice and Begin to Protect Yourself from this Serious, Painful Ailment

BY RASMUS ALSAKER, M. D.



Rasmus Alsaker, M.D.

Prevention and Treatment of GASTRIC ULCER

WHY DO so many have gastric ulcers or duodenal ulcers? Inasmuch as both forms of ulceration are treated in the same way, what is said here covers both of them. Both forms of ulcers are due to self-abuse, a part of it being physical and some of it mental.

Let us first consider the physical abuses. Many gulp down their foods. Years ago Bernarr Macfadden had a physical culture restaurant in St. Louis; on the wall was a warning, "Your stomach has no teeth." This implied the necessity of thorough mastication which results in proper insalivation of the foods. Most foods contain some starch. Starch digestion begins in the mouth where the ferment of the saliva, ptyalin, starts to turn the starches into dextrose. But it is impossible for this part of the digestion to take place unless the foods are thoroughly masticated, so the saliva can get to the starch particles. Those who gulp down their foods without proper mastication are certain to develop some digestive disease and often this turns out to be ulcer of the stomach or duodenum.

Another cause of ulcer is poor cooking and excessive seasoning of foods. Every time a woman uses the frying pan, she invites ulcer or other digestive diseases to make a visitation upon the family; every time one overseasons with pepper, horseradish and other powerful spices or sauces containing an abundance of these spices, he beckons to ulcers to enter within.

Another evil habit is to eat numerous varieties of food in a given meal, thus placing an excessive strain upon the digestive organs. The meals should be simple for the sake of

health. A dinner containing salad, soup with crackers, meat, bread, potatoes, vegetables, a rich dessert and a demitasse, is an abomination; it leads to indigestion and indigestion is frequently a precursor of ulcer.

Still another error that opens the way to digestive disease is the overconsumption of acidulating foods, while neglecting the alkalizers. Everything that depletes the alkaline reserve invites ulcers, including that scourge, constipation. Briefly, meat, eggs, fish, grain, bread, biscuits, cakes, pies and puddings are acidulating. The fruits, vegetables and milk are alkalizing. The quantity of alkalizing food taken into the body should far exceed in bulk that of the acidulators to maintain the normal alkaline reserve that is essential to health, thus aiding in the prevention of ulcers.

NOW for the mental side. It may appear that the mental side of life can have nothing to do with ulcers; however, the connection is intimate and powerful. Vigorous exercise stops digestion and powerful emotions not only stop digestion but pervert it. If a shock takes place, digestion immediately ceases; digestive juices no longer pour forth; the same is true if anger or intense fear gain mastery. The minor depressive or destructive emotions have the same effect but in a much smaller degree. Instead of completely stopping the digestion they tend to produce indigestion and it is indigestion that precedes ulcer.

It is necessary to distinguish between the symptoms of ordinary indigestion and ulcer. An experienced physician can more easily make the

distinction in his practice than describe it. Dyspeptics are uncomfortable after meals and generally suffer with pressure symptoms due to the excessive amount of gas produced in either the stomach or the intestines. It is quite different from the burning experienced two or three hours after meals in ulcer.

An ulcer in the stomach or small intestine is very much like an ulcer on the skin, but it is more difficult to heal, because of the activity of the digestive juices; it is also far more painful, especially in the stomach, because the gastric juice contains hydrochloric acid and this causes a burning sensation. As food enters the stomach, the hydrochloric acid mixes with the various aliments and that eases up the pain, and usually there is no more burning until two or three hours have elapsed after a meal.

This has led to a pernicious form of treatment—eating every two hours. A healthy person cannot stand this because it overburdens the digestive apparatus. How do you suppose a person with a sick stomach or duodenum can stand it? He cannot, in the long run, because such treatment leads to such severe ulceration or worse, that finally surgery becomes imperative.

The correct, natural treatment permits the healing of the ulcer; if the living mode is wholesome thereafter, there will be no return of the ulcer. Then the result is the same as the healing of an ulcer on the surface of the body: permanent recovery.

What is the correct treatment of ulcer? It depends on the kind of ulcer at hand. If the ulceration is the result of many years of indigestion, due to (Continued on page 56)

MEASURED either by the number of workers, or by the labor hours expended, cooking ranks as our first occupation. If it isn't at the top of payroll statistics, that is because you can't add dollars and thank-yous.

As the greatest consumer of human labor time, has cooking developed its full share of labor- and time-saving inventions? Suppose we compare it with traveling. It took George Washington about a week to travel from the banks of the Potomac to New York City. Eleanor Roosevelt does that distance in two hours. I presume Franklin D. Roosevelt can get a good dinner in two hours, but I am sure Martha Washington could not get a better one in less than a week.

Still we are making progress. My mother cooked string beans for an hour. Last night my daughter cooked some for two minutes and forty seconds, and we complained that they were overcooked. Her excuse was that these were tough-looking beans, and so she gave them ten seconds longer than the instruction book for this latest invention for time-saving cookery had recommended.

These blitz-cookers require considerable re-education on the home front. For instance, when a man comes home from work and sees the table set, but doesn't smell any dinner cooking, he isn't to get hot and bothered at the prospect of a cold supper. Hustle him to the bathroom to wash up before you start things cooking, or dinner will be on the table getting cold with no man ready to eat it.

Not only has it been the most time-consuming employment, but cooking is one of the oldest of those occupations that distinguish man from the rest of the dumb animals.

How to start and tend a camp-fire was the first great lesson for man to learn. It still is for Boy Scouts. The second lesson is easier. You poke a sharp stick into a fish or a hunk of meat and hold it over the fire and broil it.

But the next development, that of cooking food in hot water, required real inventive genius. Boy-Scout lore didn't help, for the Boy Scout hunts up an old tin can, using the remnants of civilization to go primitive. The real primitive who wanted to go civilized searched his world in vain without finding anything that would withstand fire on the outside while holding water on the inside. That had to be invented.

Archeologists tell us how that came about as an improvement upon a previous invention, the woven basket. In order to carry water in the basket, some bright genius daubed it with clay. Such a contraption accidentally left in a fire produced the world's first burnt clay pot.

But even the best pottery was no fool-proof soup kettle. So the Navajo Indians wove baskets tight enough to hold water. To make a rabbit stew a la Navajo, first catch the rabbit. Then put him in the basket along with the left-over vegetables and fill the basket with water up to the line of the pre-Hitler swastikas. Do not set the basket in the fire. Put rocks in the fire. When the rocks are red-hot, pick them up and drop them into the basket. This cooks the stew. Serve with parched corn.

The first metal vessels were a great improvement over pottery and baskets. They arrived with the age of bronze and lasted a long time. Copper kettles

were the most prized of cooking utensils within the memory of women still living. With the iron age came swords and plowshares and iron kettles.

The utensils to contain the food developed far in advance of any device to contain the fire. Plenty of classic civilizations rose and fell before the fire was moved indoors. They couldn't figure out any way to get rid of the smoke except to cut a hole in the center of the roof, and that let the rain in.

The chimney was a major invention and building a fireplace with a chimney that doesn't smoke is still a fine art. I have built three of them and they all smoked. Our Colonial forefathers were masters of that art and cooked in iron and copper kettles swung on iron cranes over real smokeless fireplaces. One of Benjamin Franklin's many inventions was an iron stove, but for heating only, not for cooking. The cookstove did not become common till after the Civil War.

Man is sometimes defined as the cooking animal, but man existed for a far longer period as a non-cooking animal. He still exists so today. Cooking, like clothing, is merely an acquired human custom of the present dominating majority, with scattered minorities refusing to conform. There are non-cooking tribes in sunless jungles and anti-cooking cults in sunny California.

Various explanations have been offered as to why civilized people cook their food. The most convincing one is, that having tried it, we found we liked the texture and taste of cooked food. But we have now abandoned our grandmother's faith in "thorough cooking" as chief essential to a wholesome diet. Today the trend is distinctly away from the maximum and toward the minimum degree of cooking—and

toward a minimum of time as it affects the cook's hours in the kitchen.

The pot of boiling water was the basic cooking invention and still is a standard of comparison for all cooking. The pot of boiling water is at once a thermometer and a thermostat, both measuring the temperature and controlling it.

Even broiling, roasting, baking and frying, as long as the food remains moist, is under a similar temperature control. The interior of such food does not become hotter than the boiling point of water. Only the thin outer layer from which the moisture is dried out gets hotter and cooks faster.

The browning of the exterior in baking or frying is something that can be watched and checked in time. But a similar drying out at the invisible bottom of a pot results in food sticking and burning. Most of the efforts of inventors to improve cooking utensils have been aimed toward overcoming this chronic trouble.

Grandma made mush or porridge in an iron pot by means of constant stirring. To save that labor, as well as the porridge, was devised the double boiler, which cleverly places boiling water between the fire and the bottom of the food vessel.

The fireless cooker was another device with a similar aim. The upper pot of a double boiler never reaches the boiling temperature and so cooks more slowly. The fireless cooker still further sacrifices speed to safety, and makes an all-day job of cooking a dinner. But you don't have to watch it, as it's a pot that never boils.

The steamer was still another device to prevent foods from burning on the bottoms of pots. Theoretically steam is as hot as boiling water, but the steam

COOKING



ILLUSTRATOR • H. R. McBRIDE

UNDER PRESSURE

By MILO HASTINGS

NUTRITION EDITOR



Yankee inventive genius has now reduced the steam pressure cookers to smaller, lighter units for small family use (and available in different sizes and metals). Both makes of cookers (shown at left) are easily lifted with one hand, and the mechanism is so simplified that they can be sealed and unsealed with the action of one hand. At the extreme right is a waterless cooker which, for flavor, mineral and vitamin-retaining vegetable cookery, gives results very similar to those which are obtained from the steam pressure cookers

does not conduct heat to food as rapidly as does water of the same temperature.

These devices all had their advantages but the belief that food cooked in them was better because it was cooked at lower temperatures appears to be a case of wishful thinking. There is little evidence that slow cooking has any advantage in healthfulness and considerable and growing evidence that the opposite is true.

To reduce the danger of burning without slowing down the rate of cooking was one point achieved in the development of the "waterless cookers" and the thick-walled aluminum utensils. Either by the insulation of the bottom, or by the rapid conduction of heat away from the bottom and into the side walls and even the lid, the excessive heat of the bottom is checked and the side walls of the vessel are given relatively higher temperatures. This results in a more effective heating of the whole contents of the pot with less danger that the food resting on the bottom will overheat, stick, and burn.

In such utensils the temperatures attained in the mass of the cooking food approaches that of the boiling temperature but is never greater except when carelessly handled and allowed to dry out and burn. Such more even heating facilitates cooking, not strictly without water but with the use of a

minimum of water. This is of great significance in avoiding the loss of minerals and water-soluble vitamins and in the retention of the natural food flavors. Coupled with the minimum degree of cooking, this represents a very great improvement in healthful, tasty cookery, particularly of vegetables.

The boiling point of water is fixed at a given temperature only so long as the pressure of the atmosphere remains constant. Lowering of the pressure, as when one climbs a mountain or ascends in an airplane, lowers the boiling temperature and retards the speed of cooking. At the top of Pike's Peak water boils at 185, on the top of Mount Everest at 160 degrees. The highest boiling point of water on the Earth's surface is 214.3 degrees on the shore of the Dead Sea.

When water boils and the steam is not allowed to escape, pressure and temperature both rise rapidly. Doubling the pressure of the atmosphere, or fifteen pounds additional pressure per square inch, raises the boiling temperature from 212 to 250 degrees. In some high-pressure steam engine boilers the water is hot enough to melt lead.

The application of higher water and steam temperatures under pressure to the cooking of food is the most striking change in cooking methods since the



first primitive genius boiled his dinner by dropping hot rocks into a mud-daubed basket.

Such steam pressure cooking processes have long since found wide application in industries, both for foods and for various other materials that need to be "cooked." Speed and thoroughness of cooking is one effect gained. Another effect is that of sure annihilation of all bacterial life. The steam pressure "autoclave" is a universal piece of furniture in all bacteriological laboratories. Sterilization by steam pressure is also used in the canning of meats and vegetables, though fruits with their acid medium can be sterilized at lower temperatures.

Steam pressure cookers have for some decades also been available for use in the home. They are justifiably popular in Colorado at altitudes that appreciably slow down cooking by open-pot boiling. A much wider use has been for the safe and successful home canning of vegetables, which has largely developed in recent years by the aid of this effective method of sterilization. (Continued on page 55)

Diet Tips To Travelers



When You Take Your Vacation from Work, Be
Sure You Don't Also Take a Vacation from
Your Diet—For Nothing Ruins a Good Time
Quicker than a Lot of Digestive Troubles

ON A Fifth Avenue bus the other day I heard two women talking. "What are you people going to do about vacation this year, Helen?" "We'd like to go on an automobile camping tour," said the other. "But our experience last year was so disastrous that I'm afraid to attempt it again."

"How so?" "The family stomach went on strike. We had digestive upsets all along the line. We had an epidemic of coughs and colds and bad breaths. The trip that we expected to rest us and pep us up left us groggy and wanting to loaf. I suppose it's a bad thing to upset one's routine."

Here they left the bus. I don't know how they figured it out, but I would have liked to tap that woman on the shoulder and say into her ear what I propose to say here.

The trouble, probably was their food. This family, like hundreds of others, undid much of the benefit of their trip by wrong eating along the way, and then blamed it on something else. And that applies, whether you travel by air, rail, bus or in your own car, and whether you eat in diners, restaurants, roadside lunch-rooms or carry your food and prepare it along the way.

When you make that trip, Reader, make up your mind that you are going to stick to your physical culture food

principles while on the road; that you will take no liberties with your diet, more than that—that you are going to be even more particular to eat right than you are at home, and so get a maximum of happiness and benefit out of the trip. You will remember that sitting still all day in a car or on a train doesn't provide much exercise, and on a heavy diet is likely to leave you groggy. Also that the driver who overeats, is the driver most likely to fall asleep at the wheel.

Low calories and abundant fruits are indicated in such circumstances. Two fruits instead of one for breakfast and plenty of fruits and vegetables at all other times. Don't yield too freely to the lure of the hamburger and the frankfurter unless you can be very sure that they are of good quality and thoroughly cooked. Cut down on the breads, rolls, cakes and starchy pies and the macaronis, and spaghetts. Choose fruit pies and patronize the cole slaw, lettuce, tomatoes and sliced onions which even the lunchiest lunch stands keep on hand.

The motorist can do even better than that because of the abundance of fresh fruits and vegetables in the wayside stands which often sell for less than they cost at home. Fresh fruits for the first day or two can be carried from home. Cherries, peaches, pears, grapes, melons and berries all carry well as

long as they will keep fresh. For longer distances there are the dried fruits—dates, figs, prunes, apricots and pears—and always the faithful apples and bananas. When everything else fails, an apple or a banana will always fill the bill.

RECIPES

Sandwiches to Carry for First Day Out

Sandwich fillings for the traveler are limited. They mustn't be too juicy, they mustn't be perishable or subject to wilting on a summer day, and usually they ought not to contain meat since the traveler's restaurant dinner is likely to be built around a liberal portion of meat, and that is enough for one day.

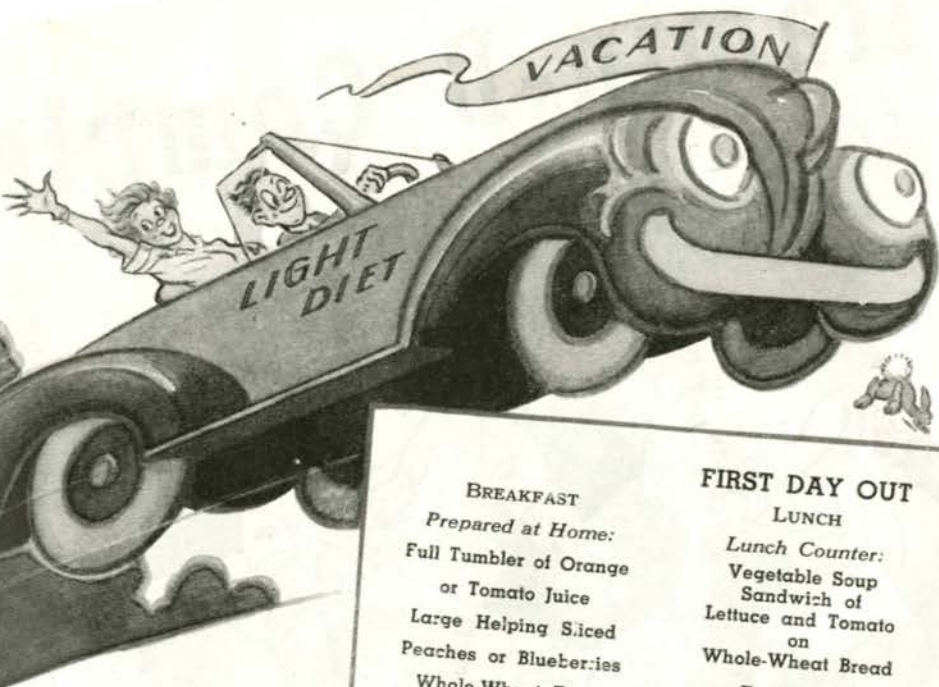
Raisin, Date and Cheese Sandwiches

Chop dates and raisins, add a little lemon juice and mix with cream cheese. Spread thick between buttered slices of whole-wheat or whole-rye bread.

Nut Bread Sandwiches

Plain nut bread and butter or cream cheese between slices of nut bread also make good travelers. Cream cheese with a good solid jelly and nut or date and nut bread are particularly popular with the children.

(Continued on page 49)



CARTOON BY
H. R. McBRIDE

BREAKFAST

Prepared at Home:

Full Tumbler of Orange
or Tomato Juice
Large Helping Sliced
Peaches or Blueberries
Whole-Wheat Toast
Hot Beverage
or
Milk

Melon or Stewed Fruit
Corn Muffin or Toast
Hot Beverage
or
Milk

Large Glass Fruit Juice
Chilled Melon
Bran Muffin
Beverage

Orange Juice or Grapefruit
Stewed Fruit
Whole-Wheat Toast
Beverage

Orange Juice
Chilled Honeydew Melon
Whole-Wheat Toast
Beverage

Tomato Juice
Sliced Bananas with Cream
Whole-Wheat Toast
Beverage

Pineapple Juice
Apricots with Cream
Toast or Muffin
Beverage

FIRST DAY OUT

LUNCH

Lunch Counter:

Vegetable Soup
Sandwich of
Lettuce and Tomato
on
Whole-Wheat Bread

Restaurant:

Large Fruit Salad
Buttermilk
or
Hot Chocolate
Whole-Grain Waters

SECOND DAY OUT

Lunch-Counter Meals:

Cheese, Lettuce and Tomato
Sandwich
Large Helping of Cole Slaw
or
Fresh Fruit

Restaurant Meals:

Large Vegetable Salad
Salty Whole-Grain
Crackers
Peach Ice Cream

THIRD DAY OUT

Lunch-Counter Meals:

Tomato Juice
Potato Salad
App'sauce
Fig Cakes

Restaurant Meals:

Shrimp Cocktail
Lettuce Salad
Russian Dressing
Whole-Grain Bread

FOURTH DAY OUT

Lunch-Counter Meals:

Applesauce
or
Stewed Fruit
Egg and Lettuce
Sandwiches

Restaurant Meals:

Salad of
Fresh Greens
Swiss Cheese Sandwich

DINNER

Lunch Counter:

Fruit Cup
Hot Roast Beef Sandwich
Double Order of Cole Slaw
Apple or Prune Pie

Restaurant:

Fruit Cup
Broiled Chicken
String Beans Corn on Cob
Green Salad
Watermelon

Tomato Juice
(Full Tumbler)
Lamb or Beef Stew
Lettuce and Tomato Salad
Blueberry Pie

Tomato Bouillon
Baked or Planked Fish
Fresh Green Vegetables
Raspberry or Other Ice

Poached Eggs on
Whole-Wheat Toast
Cole Slaw
Watermelon

Fruit Cup or Salad
Broiled Liver or
Lamb Chops
Corn on Cob Spinach

Pot Roast
Potatoes
Cole Slaw
Melon or Fruit Cup

Radishes, Celery, Olives
Small Steak with Potatoes
String Beans
Fruit Salad Soy Waters

(Additional Menus Given in Text)

BY JANE RANDOLPH

The Vitamin-B Complex

BY CARLTON FREDERICKS

CARTOON BY
H. R. McBRIDE



Here Are Some Vital Facts that You
Should Know about the Subdivisions
of Vitamin B and the Important
Role that They—or the Lack of Them
—Play in Maintaining Vigorous Health

BLEARY-EYED, mumbling, mentally confused, his senses of time and space disorientated, his digestion impaired and appetite fled, a staggering patient is escorted by a policeman into a hospital ward.

Physicians conduct a swift examination. Their verdict is: "Too many calories without Vitamin B₁."

A patient who overhears this says indignantly: "Too many calories, my eye! He has a good case of the pink elephants!"

Both comments are accurate, for modern vitamin science has a new understanding of alcoholism. To the physician of today, a drunkard is one who has sought his calories from vitamin-free alcohol.

To understand this viewpoint, it must be realized that in alcoholism a nerve disturbance appears which is identical with that appearing in beriberi, the Vitamin B₁ deficiency disease. With each pint of whiskey, the drinker imbibed 1650 calories. Had he eaten the grain from which the whiskey originally was made, he would have saturated his system with the vitamin important to the utilization of those calories. Those vitamins, unfortunately, were discarded when the whiskey

was distilled. And now the drinker is paying the physiological price.

Thus alcoholism represents not only the toxicity of the alcohol, exerting its pernicious influence on body organs, but the aftermath of subjecting a digestive system to the poisonous intermediate products of incompletely "burned" carbohydrates. The vitamin necessary to complete combustion of such carbohydrates is B₁, thiamin chloride.

Acting on this new understanding, the physician gives the patient an injection of thiamin. If necessary, he will also inject glucose to give him the food his tortured stomach might otherwise reject; in that case, B₁ will be dissolved in the glucose solution.

Hours pass, and the patient receives more thiamin. A week later, the response is visible. Appetite appears, digestion is improved. In this case, the patient is fortunate. His habit took him to the hospital stage before the

deficiency in Vitamin B₁ reached the point where nerve damage becomes irreversible.

The patient is still disordered mentally, though he now appears physically to be sober. Again the physician calls on nutritional therapy. Another vitamin of the B group is made ready for injection: nicotinic acid, this time. This vitamin is a major factor in pellagra, once having been called the pellagra-preventive agent.

The thoughtful reader will pause at this point. A vitamin deficiency has been identified with both the disturbances of beriberi (caused by eating polished rice, for instance) and alcoholism. If calories from whiskey are dangerous in plentitude because vitamins of the B group are lacking in that source, what about white bread, white sugar, and other popular nationally-consumed processed sugars and starches? Are these not rich in calories and poor in Vitamin B₁?

That is precisely the position of these processed carbohydrates. With other factors of the diet supplying a little (and inadequate amount of) Vitamin B₁, the body is not so drastically affected by these "purified" foods as it would be (Continued on page 57)



Does Reducing Check Growth?

A girl from the Canadian Northwest has asked us a very sensible question. She is overweight, in fact very much so, as she is five feet, three inches in height and weighs 175 pounds. She writes: "Am I too young to reduce? They say one may continue to grow until twenty-one, and I would not wish to do anything to stop my growth. Would reducing do that?"

Now it so happens that our questioner is eighteen, just about the age when the average girl does reach her full growth in height, whereas boys may continue to grow in height to about the age of twenty-one. But to tell this young lady that she can safely reduce because she is probably through growing would be dodging the question which she has asked, and which would be very important for fat boys her age, or fat girls somewhat younger. The question is still more important to the parents of overweight children, on down to the too-fat baby.

The answer is that the reducing of excess body fat need not, and certainly should not, interfere with the growth of young people, nor with any other normal nutritional function essential to health.

The reason that checking, or even reversing, an increase in weight and girth need not check an increase in height and growth of muscles and organs, is that the two kinds of increase are nourished and fed by different food elements.

The two chief nutritional elements that feed and maintain growth are protein for the whole body and calcium for the growth of the bones, which determines the growth in height.

The reduction of the child, or youth who is still growing, demands even more strict attention to the selection of the proper quality of foods for the reducing diet than in the case with the adult. It is important in either case, but vital injury can occur with the child more quickly from food deficiencies.

But no such injury will occur from the mere fact that the child is eating less than usual, provided the reduction in the amount of food is made strictly in the foods that supply practically nothing but calories and the diet does provide sufficient protein, calcium and other minerals, and vitamins.

There is nothing at all difficult in providing such a diet, though there may be difficulty in the matter of resolution or discipline in adhering to the diet.

Too rapid reduction should not be sought and an average loss of a pound a week for an overweight child is reducing fast enough. There are also some happy distinctions in reducing children

that work out better than in reducing with adults.

The child's natural instinct for activity furnishes the requisite exercise, which may require more conscious effort in case of the adult. Also the natural food demands for growth are such that the diet does not need to be as strictly limited in quantity.

Milk is the most important growth food and is imperative in the diet for reduction without impairing growth. Not less than a quart a day should be used, but if some degree of skimming, or cream removal is practiced it will cut down the calories while losing nothing else except Vitamin A, which may be amply supplied by green vegetables.

Green vegetables is the second most important item, supplying this Vitamin A, and also iron which the milk does not supply. All cereals and breads used should be of the whole-grain type. Orange or tomato juice should be included. An average of an egg a day is a further wise provision.

The preceding "musts" are all the rules needed to insure that the reducing diet will not interfere with growth. The rest of the problem is merely that of checking the excess food intake of fats, starches and sugar. Sugar is the most likely chief offender in the case of overweight children. Watch that not only with regular food at meal time but in the form of extra candy, cakes, cookies, and above all those "soft drinks" which are mere flavored sugar solutions.

Are Carrot-Tops Edible?

We are asked why carrot-tops are not used as a green vegetable. They are certainly not poisonous, at least not to rabbits, for which they form a choice diet. For human consumption it seems to be a matter of palatability. The chief objection is the excessive fiber.

The fiber can be avoided either by extracting the juice, or by boiling and making an infusion which might include some mineral and flavor values. Otherwise it is a matter of taste. There are many such green leafy foods in the garden which invite experimental use, but it seems that most of us are just more choosy in our tastes than the rabbits.

Distilled Versus Boiled Water

"By the doctor's order" this patient had been advised to drink only distilled water. But the distilled water being somewhat expensive and troublesome to get, we are asked if it would serve the same purpose merely to boil the water!

Certainly not. The effect of distilling water is to remove the minerals in solution. The reason for boiling drinking

water is to kill living bacteria. Distilling involves boiling and hence also kills the bacteria, but boiling does not remove the minerals and if the boiling were continued would actually concentrate them and give just the opposite effect from the distilling.

As for the doctor's prescribing the distilled water, we are not supposed to question that. At least it sounds impressive. True, there are some regions where the ground waters do contain an excess of minerals that might be harmful. In such cases the cheapest form of mineral-free water is rain water. Nature distills the minerals out of rain water, but not the dissolved gases; it is distilled and then aerated, and that is very good water. If the ground water is bad and it doesn't rain in that country, better move.

Whole-Wheat Pie Crust

Whole-wheat pie crust is a challenge to the health-food cook just because it is not the easiest thing in the world to make. But when it is successfully accomplished it is very attractive to the taste as well as taking off some of the "curse" applying to pastries as a health item.

The standard directions for making whole-wheat pie crust, as given in the Physical Culture Cook Book, are as follows:

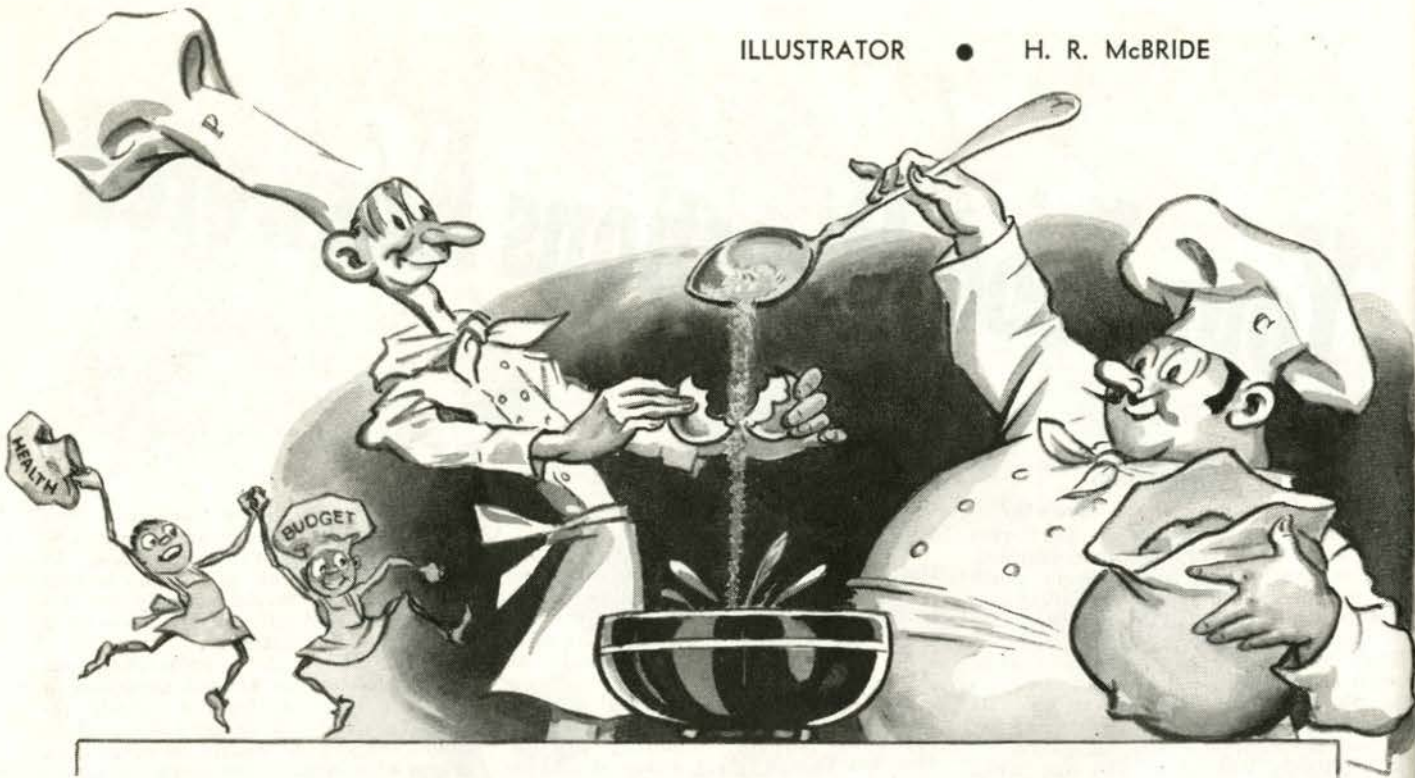
3 cups whole-wheat flour
1 teaspoon salt
1 cup shortening
½ cup ice-cold water

Sift together the flour and salt and cut the shortening in with a knife. Then add the ice-cold water. The pie crust must not be kneaded. Get the water into the crust with the least possible working, which tends to separate the gluten from the starch.

To the above we would add that the whole-wheat flour used for pastry should be finely ground. Excellent bread and muffins may be made of coarsely ground whole-wheat flour, but for pie crust finely ground flour is essential.

Hazel M. Myers, of Bonanza, Oregon, writes us as follows: "Have you ever tried making whole-wheat pie crust with thick cream instead of shortening? It is easier to handle and I like the crust just as well. The cream I use is about one-third butterfat."

Thank you, Miss Myers. That sounds like a bonanza recipe and a regular gold-mine of good pie. Especially calling all farm folk, for on farms the butterfat in cream is cheaper than in butter, but for us city folks they charge extra for not churning it!



THE Science OF COMBINING PROTEINS

BY E. F. TAFT

YOU like to get your money's worth. As a matter of pride and common sense, when shopping on a budget you buy the article which gives you most of what you want for the money you have decided to spend.

This common sense applies no less to food buying than to buying anything else, and any budget-minded menu planner will serve more eggs than lobster. Because proteins tend to be the most expensive part of the menu, they are purchased rather thoughtfully.

Proteins are not all alike. Two different foods may show exactly the same percentage of protein, and yet the nutritional value of one may be decidedly superior to the other. This fact alone suggests we learn which food proteins are the best and select foods containing them in preference to foods containing poorer proteins. But it is not quite so simple, since the nutritional value of one food protein is determined by what other proteins are included in the diet. Therefore, in order to get the great-

est health and value for your protein dollar it is necessary to understand the principles of scientific protein combination.

One way to solve the protein problem is to fill the menu with protein-rich foods greatly in excess of our real protein needs. This is the method by which it is solved in the conventional diet of the prosperous class in which a plentiful quantity of some kind of meat is served at every meal. This solution runs up a butcher's bill which wrecks our food budget, to say nothing of a bigger doctor's bill later on. Such a great excess of protein throws the diet, as a whole, out of balance and endangers health in many ways. It upsets the acid-alkaline balance, and it crowds out the protective foods, minerals and vitamins.

Proteins eaten in excess of our needs are of doubtful value and are, at best, a waste of money. When greatly in excess they are positively harmful. This is true because the body does not store protein the way it does fat and carbohydrate.

When proteins are digested they are broken down into the eighteen or twenty different amino-acids from which they are made. These different amino-acids, or protein-forming substances, float about in the bloodstream and are so carried to the various tissues. The tissues take the amount and kinds which they need but do not store any of the excess. This excess of the protein-forming substances must then be oxidized or burned as fuel which the body can and does do. But, since they all contain nitrogen, they form nitrogenous wastes which must be eliminated through the kidneys.

Nitrogenous wastes are regularly formed in the repair and replacement of tissues. Healthy kidney handle them easily and have a considerable capacity for the waste arising from proteins eaten in excess of body needs. But when the excess is continuous it puts an unnecessary strain on even healthy persons and dangerous strain on people whose kidneys have in any way been weakened. (Continued on page 61)

A Plain Talk

on Mental and Nervous Disorders

by
● C. FRANKLIN LEAVITT, M.D.

THOUSANDS ARE IN URGENT NEED OF HELP FOR MENTAL AND NERVE TORTURE AND KNOW NOT WHERE TO TURN FOR AID

NEURASTHENIA

Neurasthenia is a rather common term for a mental and nervous disorder which frequently drifts into most trying and acute conditions. It is caused by SOME FORM OF FEAR. You may not recognize the mental state preceding it as one of FEAR, for by fear I do not mean a fear of outside things, but rather a fear of SELF, which is manifested in the form of worry, apprehension, over-anxiety, over-seriousness, self-consciousness, inability to forget yourself, or some other expression of LACK OF CONFIDENCE. The opposite of confidence is fear, isn't it? These fears have a very stimulating and irritating effect on your Sympathetic Nervous System and soon we find this system of nerves in such a hypersensitive state and the least form of emotion plays on it in a seemingly alarming way—to the great discomfort of the sufferer. Gradually, through nerve tension and repression, functional life is interfered with and the circulation is disturbed; vitality and tone are lowered; and you begin to experience strange sensations which you, uninformed, cannot account for. But I wish to state here and now that Neurasthenia is CURABLE and not in any sense of the word hopeless.

NERVOUS BREAKDOWN

This is merely an exaggerated form of Neurasthenia where nerve tension and hyper-sensitiveness have developed to a point where there are symptoms of great weakness and exhaustion. In this state it is not uncommon for one to experience at times a sense of extreme weakness, a "passing-out" sensation; uncertainty in locomotion; twitching, jumping or crawling sensations in connection with the nerves in certain parts of the body; poor appetite; possibly insomnia; a fear of heights, or elevators, or cars, or crowds, or to be left alone; fear that something may happen at most any moment; an extreme consciousness of self and every little feeling or sensation; a fear of being shut in without a handy exit; fear of disease, germs, dirt, dying, insanity, embarrassment; or many other peculiar fears. The patient becomes so concerned over himself that he watches every little indication of trouble and greatly exaggerates each feeling or thought of an unnatural character which puts in an appearance. The fact that he has tried this, that and the other thing without success frequently breeds the thought that his case is hopeless and he may then begin to contemplate some drastic way out. I frequently read of tragedies, which they state have been the result of a "Nervous Breakdown," and my heart aches for those who are left and the unreasonableness of the act. If such people were to fall into RIGHT HANDS—what

a different future and story it would be. Adjustments CAN BE MADE, happiness restored, and a normal future life experienced.

I realize that there is nothing quite so hard to bear as Mental and Nerve Torture, but I emphatically state that these troubles are NOT hopeless and that my experience of Twenty-nine years in the treatment of such disorders proves that all who build up interest in a future life and show sufficient faith to cooperate and do their part, soon throw off the exaggerated symptoms, re-develop their normal strength, and re-establish confidence. My friend, YOU know as you read this if you could just FORGET YOURSELF, that your troubles would be over. But this must come through a process of re-education, through your gaining a better understanding of yourself and your powers, of these fears, and of the laws under-lying life as lived to the fullest. This, along with a different picture of things and an absolute knowledge of JUST what is taking place in you; how it happened that you drifted into your present condition; and JUST what is necessary for you to do to get out of it; will gradually change your VIEWPOINT, and when that is changed, YOU WILL BE CHANGED and the troublesome symptoms will disappear. Now don't lose heart, but just KNOW that there is help for YOU.

SELF CONSCIOUSNESS

Those of a sensitive, rather emotional nature are more than likely to become self conscious. The self conscious are ready victims of these more troublesome mental and nerve states I have written of. This is due to self-centeredness and a pernicious form of introspection. Aside from what self consciousness may develop into, it is in itself a most limiting, embarrassing, unhappy state of mind. Those who suffer keenly from self consciousness are limited mentally, physically, socially and financially. Through it they find it difficult to secure as good a position as they might, and through their sensitiveness to criticism they dislike to show initiative and assume responsibility, which means slow advancement. Again, this type is more than likely to make unhappy marriages, if they marry at all, due to their power of selection being limited. This suffering is due entirely to a WRONG VIEWPOINT. They magnify every little thought and feeling, associate things with self which they have no business to, and are too concerned about the view that others have of them. Self consciousness CAN BE CORRECTED.

THE SENSITIVE AND EMOTIONAL POSSESS A GOOD TYPE OF MIND

So frequently I hear—"Anyone suffering from such a complaint must have a weak mind." But this is not true in connection with Neurasthenia, Nervous Breakdown, or Self Consciousness. In such cases it is a good, active mind that has become turned on self and is in reverse. Napoleon, Presidents Lincoln, Wilson, Theodore Roosevelt, in fact, most of those who have really made good in life, have possessed just such a nature. In the case of President Wilson we see the two expressions of such a nature; strong, active, determined and forceful while in the ascendancy; and then, when bitter discouragement took possession, illness and death.

(ADVERTISEMENT)

It represents but one force, but this force can be constructive or destructive, according to its use and direction. Don't say to self, "I wish that I were born with a different temperament," for if you will just gain a good understanding of your powers and use them intelligently, it will be possible for you to reach heights which a phlegmatic person could never attain. Understanding training and development will bring MASTERY and you will then have these wonderful powers working FOR YOU, instead of against you. Your present suffering can be turned into victory and achievement.

LIFE IS WHAT WE MAKE IT

Nature does not say at birth to one child; you are to live a life of misery, be full of fears and make a failure of what you undertake; and to another—you are to be showered with life's richest blessings and be most happy and successful. In the early period of development training, environment, companions, etc., of course play a big part in forming good or bad habits. But what this represents is ONLY HABIT and tendencies, and habits can be broken and new ones formed. We do not come into this world with the power of thought, but more as a piece of clay which the potter (which is represented by our early training) moulds into one type or another. This may at this moment seem rather vague to you but I assure you we are NOT "fate-driven," but to a great extent MASTER OF OUR OWN DESTINIES. It is a matter of first understanding just what to do, and then of being willing to pay the price in effort.

THIS WILL CLEAR AWAY THE DOUBTS

I have stated that your FIRST STEP toward a different life must come through intelligently understanding your handicaps, your own powers and just how to use them, and the laws underlying life as lived to the fullest. I have written a 100-page book—JUST FOR YOU—if you are suffering from any of the states written of above. It is crowded from cover to cover with just the information you have been seeking, for it will tell you about YOUR FEARS and their reactions. Nervousness, Your Subconscious Mind, Faith, Success, Habits, and the many different phases of MENTAL AND NERVOUS DISORDERS and SELF CONSCIOUSNESS. The reading of this book CAN, as it has to thousands, mean a different outlook on life and the beginning of changes which can mean real happiness and later success to YOU. The book is most interesting, very startling in its disclosures—but in it there is nothing to fear, for it is written along stimulating and constructive lines. It represents truths which I have gathered during an active practice of Twenty-nine years in treating these little understood disorders.

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Some Babies Learn Slowly

(Continued from page 33)

expressions of wrath, frustration and disgust from every member of the family. His dawning dull consciousness introduces him to a world of irritation and contempt in which he recognizes his special pet name to be the "dumb cluck."

The cruelty of this program and its power to produce anti-social or criminal men and women can hardly be overestimated. If the baby had one arm paralyzed from birth his slowness in physical things would have compensation in the pity and help of those near to him. A mentally slow child has a far more serious handicap and one calling for greater understanding and pity.

NO MOTHER can give brain power to her baby when once he is born. But something else she can give and it is even more important. His emotional education is in her hands. The skill with which she gives it determines his character and his personality. The years of babyhood are the vitally important ones for the development of emotional life. It is in these years generally that character and personality are either made or ruined.

To the average person these two, character and personality, are the all-important requisites for a happy life. How often do we see brilliant men so engrossed in their work that the personal world grows ever further away

from them till nothing is left but the colossal tasks they have set for themselves. Like Darwin, we hear them complain that they have lost the simple joys that make life happy and find no more a refreshment of the spirit even in music.

To be happy and beloved in life it is not necessary to have much brain but it is necessary to have character and loveliness. Many dogs would testify to this truth if they could speak.

The wise mother will train her backward child with great gentleness, remembering always that he is very slow to understand and must never be driven with a task that is too hard. Making a play out of learning and repetition until he reaches facility, with praise and enjoyment of the result, is the ideal program for the mentally retarded.

The task of developing the backward baby is the severest test there is of child guidance but his need is greater than all the rest of the world's children put together.

With normal children the tired mother, losing her emotional resiliency, can get away with a moderate amount of ordering the children around and insisting upon being obeyed. With the mentally retarded, she must struggle forevermore to be that perfect educator whose principle is to make tasks so alluring that the child will want to do what the mother wishes.

Many a mother pays the staggering price of giving birth to a mentally dull child through ignorance of proper prenatal care. It is well established that "backwardness and poverty go hand in hand." The proportion of mentally dull children is highest among the poorest classes. The mother who is deprived of a healthy outdoor life and a well-balanced diet is in grave danger of producing a child who is mentally unfit, for nature will nourish first the organs necessary to support life and will stint the brain when proper food and vitamins are scarce.

One of the indispensable factors for the development of the mind is a healthy body. The body and mind interact upon each other. The sick mind can produce symptoms of disease in a healthy body and a sickly body can weaken and retard the mind.

Every mother's first duty to her child is to study the laws of health and the newer knowledge of diet, and supply to her children these fundamental necessities of well being.

Two educational observers, Wallin and Eversole, recently experimented with a group of twenty-seven retarded children one to four years below their normal school grade. For one year the diet of these children was regulated to a high hygienic standard and they were given necessary dental treatment. The results were surprising. Only one child failed of promotion. Six children did thirty-eight weeks work in twenty-four weeks and one boy did the work of two years in one. At the end of the year's period a psychological test was made on the children and showed an advance of fifty per cent on the average.

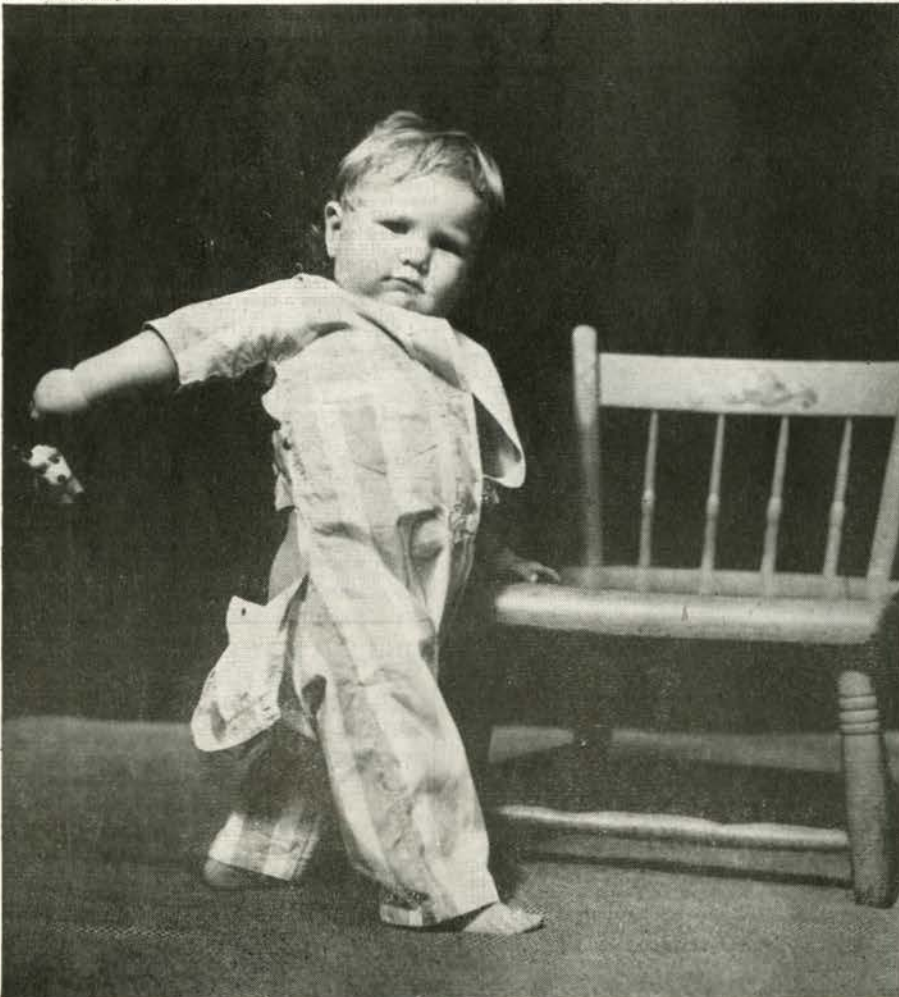
Children are sometimes apparently retarded who are in reality wholly normal. For example those who have a poor musical sense are slow to recognize sound differences and often are very late in learning to talk.

It is also true that children who have special aptitudes are often apparently dull because they are absorbed in the things that interest them and pay no attention to the rest. For example, Thomas A. Edison, the electrical wizard, a mechanical genius, was put out of school as a young child because he would give no heed to book learning and the teacher declared he was unteachable. There is a long list of such children. It includes such geniuses as Darwin, Linnaeus, Harriet Martineau, Robert Fulton, Newton, Richard Sheridan, Joseph Banks, John Hunter, Lyell, Byron, Sir Walter Scott, William H. Seward, Oliver Goldsmith, David Hume, and Herbert Spencer.

ONE of the first principles in the education of any child is to study his aptitudes and these the mother can find often more accurately than any one else. Helping the child to find his way in the world by encouraging him to follow the occupation suited to his capacity will fit most children to find a place in our working world.

This means material existence but far above this is another place in the hearts of men and to this place every good mother, if she is wise, will bring her children. This place is reserved for those of fine character, the world's essential for survival. To quote Alexis Carrell: "Moral beauty is the basis of civilization."

H. Armstrong Roberts



What Is A "Bargain" In Baby's Food?

Quality Should Be Your First Consideration When Buying Food For Baby—So Ask For Strained Foods That Bear The Famous Name Of Heinz

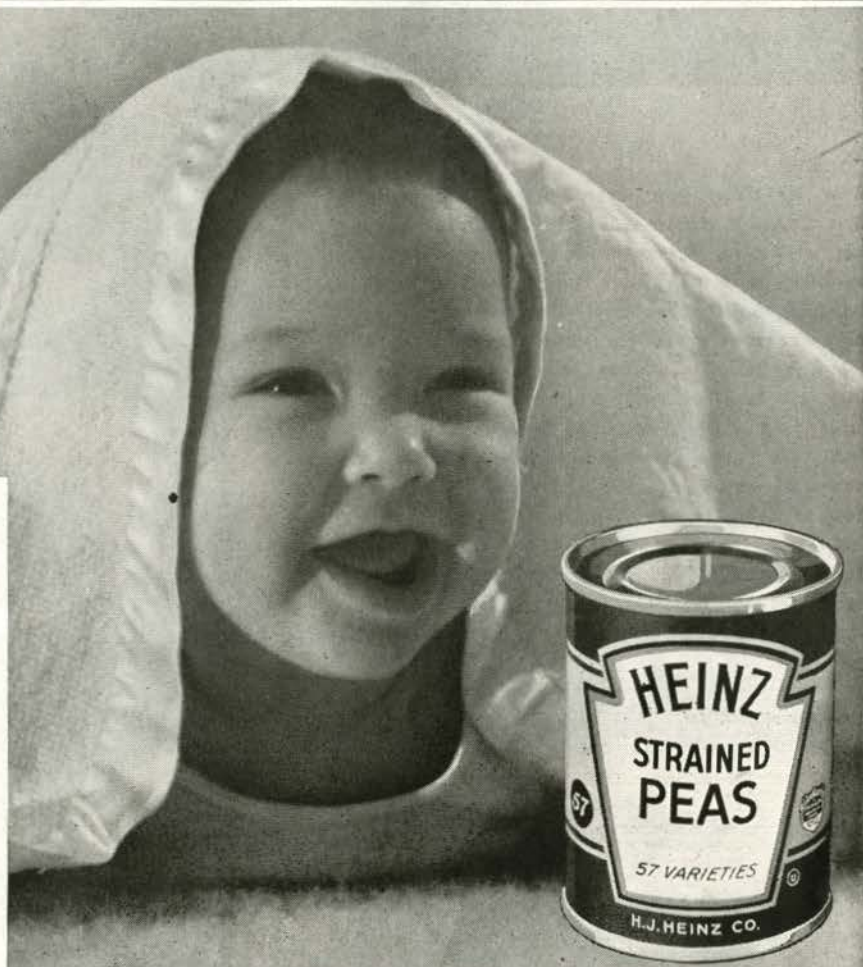
YOU NATURALLY want your baby to have the best foods money can buy. The only bargain worth-while for *him* is quality. Serve him *Heinz* Strained Foods. You know they're dependably pure—because they're backed by the same reputation that supports all the 57 Varieties. Yet they cost no more than ordinary brands!

Open a tin of *Heinz* Strained Foods and notice the smooth texture—the appetizing color. *Heinz* insists on absolutely first-choice fruits, vegetables, meats and cereals. These are cooked scientifically and vacuum-packed in enamel-lined tins to preserve in high degree tempting flavors and priceless vitamins and minerals. Your baby deserves *Heinz* Strained Foods! Order an assortment of the 14 delicious kinds—watch him thrive on them!

Heinz Strained Foods

57

These Two Seals Mean Protection For Baby



Heinz Brings You These Four Assurances Of Quality

1. **VITAMINS AND MINERALS** are preserved in high degree by scientifically cooking finest fruits and vegetables—vacuum-packing them in special enamel-lined tins. *Quality is controlled from seed to container.*
2. **THE MOST MODERN** cooking and packing methods have been developed by *Heinz* specialists in Mellon Institute of Industrial Research.
3. **FURTHER ASSURANCE** of uniform excellence is furnished by constant research work of scientists in *Heinz* Quality Control Department.
4. **ALL HEINZ BABY FOODS** on dealers' shelves are checked regularly by *Heinz* salesmen and replaced by fresh stocks after a limited time. *Quality is controlled from Heinz kitchens to consumer.*



Your Youngster Will Enjoy Heinz 12 New Junior Foods—Scientifically Prepared To Meet The Requirements Of Babies Ready For Heartier, More Highly Nutritive Meals.

Heinz Junior Foods

THE JOYOUS PHYSICAL CULTURE LIFE

Ever try doing your exercises to waltz music? This method is recommended by Miss Grace McDonald, of Boston, Massachusetts, who recently was awarded a motion-picture contract. Wisely determined to keep her lovely figure, Miss McDonald waltzes through her daily exercises, never allowing herself to move more than three feet from a dime laid on the floor. At right, she kicks from a deep-knee-bend position; at lower right she gives the floor-touching exercise a new and graceful twist; below, she shows you how to do a back-bend. Miss McDonald is five feet, three inches tall, and weighs one hundred and ten pounds. Judging by the intelligence and beauty of her features, it is easy to understand why she is considered promising "star" material

Acme Newspictures, Inc.



Diet Tips to Travelers

(Continued from page 40)

Nut Butter Sandwiches

Peanut butter combines well with tomatoes and cole slaw. It can also be mixed with butter, half and half, and fortified with sliced cucumbers. Almond butter flavored with sesame seeds would also be a good combination.

Swiss Sandwich

Sliced Swiss Cheese Chopped olives
Tomatoes, thinly sliced
Thick mayonnaise dressing
Whole-wheat Bread

Lay cheese on unbuttered slice of bread, add tomato and spread with mayonnaise mixed with chopped olives. Top with second slice of bread which has been thickly buttered to help seal it against sogginess from the mayonnaise.

Cheese and Slaw Sandwiches

Place a slice of American cheese on slice of whole-wheat bread. Cover with cole slaw that has been seasoned with celery seed and cover with thickly buttered slice of bread.

Cream Cheese and Chopped Pepper Sandwich

Spread a slice of whole-rye bread with cream cheese which has been pressed dry, then flavored with a little lemon juice—and chopped mint, if you have it. Over the cheese place strips of red and green sweet peppers pressing them down into the cheese. Cover with well buttered slice of bread.

MEALS TO PREPARE ALONG THE WAY

First Day Out

Breakfast (at home): Fruit juice; whole-grain cereal with bananas and half-and-half; hot chocolate.

Basket Lunch: Peanut butter and tomato sandwiches; dates; raspberries.

Roadside Fireplace Supper: Broiled hamburger and sliced tomatoes; canned sweet potatoes, broiled; canned fruit cup or fresh fruit; whole-grain bread.

Second Day Out

Breakfast (over fireplace): Canned fruit juice; pan-broiled eggs; whole-wheat toast; hot beverage.

Lunch: Sliced tomatoes and onions made into sandwiches with whole-wheat bread; apples and raisins.

Portable Stove Dinner: Pan-broiled fish or steak; corn on the cob; canned vegetable salad on lettuce; peaches.

Third Day Out

Breakfast: Canned apple juice; melon; ready-prepared whole-grain cereal with half-and-half; hot beverage.

Lunch: Milk or buttermilk; dates and raisins; whole-grain crackers.

Dinner (portable stove or roadside fireplace): Cheese omelet; pan-broiled potatoes; canned or fresh tomatoes; grapes or other fresh or canned fruit.

Fourth Day Out

Breakfast: Fresh fruit or canned fruit cup; whole-grain cereal with raisins and half-and-half; hot beverage.

Lunch: Raisin or nut bread with cream cheese to make sandwiches; apples and dates for dessert.

Dinner: Canned or fresh fruit appetizer; Swiss and American cheese platter; whole-rye bread; lettuce and tomatoes; bananas or other fresh fruit.

Here's a deliciously different NEW FORM OF OF BRAN



Check its Advantages

- ✓ helps relieve constipation caused by too little bulk
- ✓ furnishes significant amounts of Phosphorus and Iron and is a rich source of Vitamin B₁
- ✓ double-milled — made by an improved process
- ✓ 100% Whole Bran
- ✓ accepted by the Council on Foods of the American Medical Association



New DOUBLE-MILLING process refines texture of NATIONAL BISCUIT 100% BRAN

YOU may feel that bran can be helpful in relieving constipation which is due to lack of sufficient dietary bulk — yet you may have hesitated to eat it because it didn't please your taste — or because you considered it "harsh."

Now you will be glad to learn that the new National Biscuit 100% Bran, made by an improved process of Double-Milling, is delightfully different in both flavor and texture.

This modern Bran is the result of over two years' testing. The new pro-

cess of Double-Milling to which it is subjected, further breaks down the bran fiber making it less likely to be irritating. National Biscuit 100% Bran is highly absorbent. It frequently assists in forming a large, soft mass in the intestines and aids elimination.

Eat National Biscuit 100% Bran regularly, as a cereal and in delicious bran muffins (there's a wonderful recipe on the package!). If your constipation is not helped in this simple manner, consult a competent physician.



PRODUCT OF NATIONAL BISCUIT COMPANY

CARBUNCLES --

WHAT IS EFFECTIVE TREATMENT?

QUESTION: What can be done to clear up a case of carbuncles, and what should be done to prevent a further recurrence of this extremely painful condition?

LANNY.

ANSWER: When a carbuncle begins to develop a fast may be taken to help cleanse the bloodstream of impurities.

A milk diet follows the fast and may be taken for several days or longer.

The bowels should be kept clean and in the beginning of treatment the enema is employed daily.

Hot, wet compresses will help to ripen the carbuncle so that its contents may be expelled. Surgical care is often necessary.

Carbuncles frequently develop when diabetes is present and therefore a urine test would be advisable.

In order to prevent carbuncles one should make sure that the bowels function regularly and that overeating, especially of the refined sweets and starches, is avoided.

The skin should be kept clean by hot cleansing baths followed by a quick cool sponge or shower and then a vigorous rub-down with a coarse bath towel.

Halitosis

QUESTION: What are the causes of halitosis and how can it be overcome?

A. M. A.

ANSWER: Diseased conditions of the nose, throat, mouth and teeth may be responsible for halitosis, but a common cause is intestinal toxemia, resulting from faulty elimination from the bowels.

One or two days on nothing but orange juice and water with a series of two or three colonic irrigations on successive days will help eliminate the intestinal poisons and improve the entire digestive tract.

Care should be taken to avoid overeating and generous amounts of fresh fruits and vegetables should be employed in the daily dietary. Meat should not be eaten oftener than once a day. This applies to other proteins also, including eggs, fish, cheese and poultry. All white sugar and white flour products should be absolutely avoided.

The practice of drinking one pint of heated water with the juice of one-half lemon thirty minutes before breakfast would be of decided benefit by improving the bowel activity.

Shingles

QUESTION: Having suffered from a severe case of shingles I am eager to know what causes this disease and what natural healing measures would overcome it?

N. Z.

AND OTHER QUESTIONS FROM HEALTH SEEKERS



ANSWERED BY A PERSONAL AND
CONFIDENTIAL ASSOCIATE OF
BERNARR MACFADDEN

OTHER QUESTIONS THIS MONTH
HALITOSIS SHINGLES

BRADYCARDIA

HOT-BLANKET PACKS

**EXERCISE
BEFORE BREAKFAST**

MILK AND SINUSITIS

ANSWER: Shingles is an inflammatory disease associated with severe pain which follows the distribution of certain nerve trunks. It is generally the result of intestinal toxemia induced by overeating of acid-producing foods and is more likely to occur when a person is weak or run-down.

In the beginning of treatment by natural health-building measures a fast is taken for about three to five days, drinking freely of water and taking orange juice as desired. The bowels are cleansed daily with warm enemas.

Fruit meals are substituted for the fruit juices and water as the acute symptoms subside. Later on, an alkaline diet of fresh fruits, vegetables and milk is employed to build up a normal blood chemistry.

For local care, hot packs wrung out in an Epsom salt solution will usually prove helpful for allaying pain and reducing the internal congestion. Hot Epsom-salt baths may also be taken to advantage, the first three or four days of treatment.

Rest is usually necessary and one should avoid worry and other depressing emotions.

Bradycardia

QUESTION: Is bradycardia always associated with actual heart disease?

M. Y.

ANSWER: When this condition is noticed it is best to have a thorough examination by reliable physicians to help determine whether or not actual disease is present.

Many persons in normal health have a slower than average pulse (bradycardia) without indication of any disease.

Hot-Blanket Packs

QUESTION: Will you please explain the method for applying a hot-blanket pack?

J. E.

ANSWER: Four woolen blankets and a rubber sheet are required for a hot-blanket pack.

The rubber sheet is spread over the mattress of a bed and three of the woolen blankets are then spread over the rubber sheet. The fourth blanket is wrung out of hot water of about 150 to 165 degrees Fahrenheit and quickly spread over the dry blankets.

Just as soon as the hot wet blanket has been spread out, the patient (after all clothing has been removed) is wrapped up in it. In quick succession the three dry blankets are individually wrapped around the wet blanket.

A hot-water bottle is applied to the feet and a cold towel to the head.

The hot-blanket pack produces considerable perspiration and may remain on the patient for an hour or longer, depending on the person's vitality. After the pack is removed, a quick cool shower or sponge is taken.

Exercise Before Breakfast

QUESTION: Is it a healthful practice to take exercise before eating breakfast in the mornings?

L. R.

ANSWER: After a good night's rest, five to ten minutes of general exercises will usually have a beneficial effect. The abdominal exercises which are taken while lying on the back would be especially good, although other exercises may also be taken, including deep breathing.

Milk and Sinusitis

QUESTION: Is it true that milk should not be taken when one is afflicted with sinusitis?

B. M. D.

ANSWER: When sinusitis occurs, it is usually best to leave out milk and also sour milk, cream, ice cream, cheese, chocolate and cocoa. The refined sugars and starches should also be avoided in these cases.

Three's A Crew

(Continued from page 12)

Juan Islands. The whole group was enchanting, a northwood's fairyland thrust up from the sea. Pines grew from tide mark. In narrow channels we caught inviting glimpses of small bays and winding arms. To explore them would take days or even weeks. It seemed silly to rush past such beauty and start across the big Gulf of Georgia.

"And we might pile up before we found anything better," the skipper added, a speech we were to remember a few days later.

But our exploration of the San Juan group began and ended at the town of Friday Harbor that afternoon. Bobs and I returned to the municipal float with rare shopping booty, native spring lamb, green peas and fresh strawberries, to find a visitor aboard. He was in fisherman's uniform, his shirttail tied in a little knot behind and his hip boots cuffed down at the knee like a medieval swordsman.

"Mr. Willis has been telling me about the coast," Robert said. "He's been all along British Columbia and in Alaska."

"And I'd like to be going again," Mr. Willis said. "It's a great trip you've planned."

AS WE stowed our packages in the galley I heard our guest suggest an anchorage. A mobile home is a great convenience for we dropped the hook just off Mr. Willis's small white house and went ashore for an afternoon call. He met us on what he called his "fore-deck," and the railed veranda thrust out over the water did give the feel of shipboard. He explained the nautical atmosphere of his home very simply. "Knew how to keep ship, but keeping house would have bothered me."

In the early evening Mr. Willis rowed out to the *Yakima* and joined us for after-dinner coffee. We got out the charts. If we'd not had any charts aboard, I think he could have drawn them for us. His memory was almost photographic. He described long, winding, sea-floored canyons which penetrate the high mountains, waterfalls which drop so sheerly that a boat's tank can be filled with hose and funnel. He gave details of small hidden harbors. He told of the violence of skookum chucks in which the tides run twelve and even twenty knots. His words had warmth and color. He had not only seen but had felt the beauty of that vast stretch of sea country to the north.

When we described our first encounter with the two schools of blackfish, he confirmed our deductions as to the sound of the propeller.

"Sometimes a big boy, a hump- or fin-back, gets a fellow worried," he admitted. "I've always wondered what would happen if you met up with a deaf whale."

It was long past dark when Mr. Willis pulled his dinghy alongside and said good night.

He left us stirred and eager for farther waters, for whitecapped mountains adorned by waterfalls and the jeweled blue of glaciers, for voyages up winding fiords flanked by bold cliffs and forested slopes. He had given us bits of weather wisdom and axioms on winds and currents. He had told us how to make the only possible anchorage at the heads of bottomless inlets. That kindly fisherman never knew it, but he had trimmed our sails for the north.

Mr. Willis had warned us not to miss the Gulf Islands, which lay just beyond

How's your "Pep Appeal"?

—by Dorne



Lil: Arthur—that's a horse, not a hearse! Put some pep in it!

Art: Aw, Lil! I didn't wanta be an actor.



Aunt Patty: Lil, it's a plain case of no pep appeal! I'll bet he doesn't get all his vitamins. Come over to my house and I'll show you lesson number one—a lesson entitled "KELLOGG'S PEP."



Aunt Patty: And don't let him forget it, Lil! Right in that crisp wheat-flake cereal, KELLOGG'S PEP, are extra-rich sources of two of the most important vitamins, the ones our diets are most likely to be deficient in, vitamins B₁ and D.

Art: Holy smoke, Auntie! It's delicious! Why haven't you told us about it before?



Art: You know, KELLOGG'S PEP and those other vitamin foods she told us about might make a lot of difference in me!

Lil: From now on, my handsome hero, you're going to be the most vitaminized man in Suffolk county!

Vitamins for pep! Kellogg's Pep for vitamins!

Pep contains per serving: 4/5 to 1/5 the minimum daily need of vitamin B₁, according to age; 1/2 the daily need of vitamin D. For sources of other vitamins, see the Pep package.

MADE BY KELLOGG'S IN BATTLE CREEK

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* Kellogg's Pep has been approved by the Physical Culture Institute.

the border. They were as trim and manicured as he had promised. The Vancouver Island side of the archipelago was the stronghold of English county families and they had brought the orderliness of the homeland with them. Small homes dotted the shores. All had a regulation equipment—house, gravel paths, flower garden, float with a white dinghy moored alongside, a sailboat at a buoy, and somewhere in the clearing a smooth green square for tennis. No wonder tennis teas figure so largely in English fiction! Neatly trimmed hedges rebuked pine forests and even the rocky shoreline looked tide washed and scoured.

We dropped anchor in a lovely bay. It was a little after midnight when the skipper shook me awake. "We're aground," he said.

EVEN in his sleep he had caught that first stiffening of a craft whose keel rests on a solid substance. His startled leap from the berth had tipped the boat a few inches and it had not swung back. The balance of a waterborne craft was gone.

In two seconds flat I joined him on deck, where he was trying to shove off with a pick pole. I added my efforts with an oar but we were far beyond the shoving stage. The *Yakima* didn't budge.

"Would the motor help?" I asked. "Might," he said. "But I've got to make sure there are no rocks astern."

Exploring in the dinghy, he found we were on a reef but caught forward.

"Better waken Bobs," he said as he went below to start the motor.

Bobs sat up in her berth and surveyed us with wide-eyed astonishment. The motor did nothing. We were fast aground and getting more so every minute as the tide ebbed. Robert stopped the motor.

"We'd better get dressed," he said. "We'll get off in the dinghy."

Bobs and I began to pull on clothes. Taking to a small boat in the middle of the night conformed so perfectly with the pattern of sea disasters that haste automatically entered the picture. I grabbed the first clothes I could find. Bobs too was donning a strange assortment.

"Dress warmly," the skipper cautioned. "You girls may have to wade in three feet of water."

He intended only a light reminder of unpredictable events, but its effect on Bobs was sobering. "You two can wade in three feet of water," she remarked, "but what do I do in it?"

The practicability of her question helped to restore morale. We were laughing when we stepped overside into the dinghy, and then suddenly it didn't seem so funny any more. I wondered if we had lost the boat and asked Robert what we were taking with us.

"Cash, traveler's checks and a flashlight," he said.

That sounded serious. I thought of several things we might have brought. Food was one, but Robert objected to my proposal that we go back.

"No telling what our weight would do," he said.

We circled our grounded craft. We could see little in the darkness, but we knew the *Yakima* was caught forward and amidships. I was trying to think of some way to save our boat when we heard a fearful racket.

The *Yakima* had heeled over. Cans, dishes, kettles, objects big and small, slammed and crashed and clattered inside that craft. Every starboard locker must have dumped itself to port. After a moment of silence we heard a final heavy thud.

"What was that last thing that fell?" the bo'sun asked.

It sounded as though it might have been the stove or even the motor.

I asked the skipper if he thought the *Yakima* had a chance. His answer was an equivocal comment on her deadrise and her cockpit.

"And if she fills?" I asked.

"She'll slip off into deep water," he said.

The tide was still ebbing. It would be several hours before flood would determine the outcome. We went ashore and built a fire, a blaze as despondent as was our spirits. I broke a long silence to ask the skipper if we had marine insurance.

"This is a swell time to think of that," he said.

A few days earlier, when I'd been puzzling over current tables, I had asked him how he intended to cope with tidal

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problems. He had answered that he expected to mix mathematics, common sense and trial and error, and that he'd pull some boners. He had added that he'd try not to pull them twice.

I referred to this now in an attempt to be cheerful. "Just some boners we won't pull twice."

"We may not have a chance to."

His tone was sober. I knew it meant more than the monetary loss. That was serious enough, but emotional values were involved. Already we were planning, some time and somehow, to get a larger boat and really cruise the North. Now I wondered what would happen to the bigger venture if this exploratory cruise ended so soon in disaster and in the mortification of a skipper who had lost his ship.

With the first pink flush of sunrise the incoming tide began to lap the reef on which the *Yakima* lay. Robert suggested that we could see better from the dinghy. We rowed out. A very disconsolate trio sat with their eyes focused on the cockpit as the sea crept higher. Our disjointed efforts to make conversation didn't conceal our tension.

When the water was within two inches of the top of the combing I looked away. I didn't want to see the tide cross it. I was wondering if I could bear to be there as the *Yakima* made that side-

ways slip into deep water, when I heard Robert's exultant yell.

"She's started up!"

The port side was lifting, slowly but perceptibly. We sat in the dingy and encouraged that craft much as one might talk to a rallying patient. There was a new affection in our tones. Robert reminded her that she had been built by a good builder. And once or twice he called her a good girl. It didn't help the *Yakima* a whit, but it was an easement of our tension as we watched her struggle to an even keel, and then float free.

Aboard at last, we found below decks the shambles we had feared. Neither the stove nor the motor had moved but every other piece of equipment had done so or was draped with some object which had projected itself across the cabin. We decided that the last heavy thud had been a stove lid. It had landed neatly on a pile of china.

As our ship had to be entered at the first foreign port, we moored at the municipal float in Nanaimo. The entire crew walked to the government building. This was very improper. A crew should not leave an unentered vessel. I had time to regret our informality while the customs official read and reread the ship's papers which the skipper had laid diffidently on the desk. It didn't seem possible that a six-ton vessel warranted such deep thought on the part of a maritime power. Finally Great Britain demanded the reason for our cruise.

The skipper hesitated, suspecting a trick question, but I am always willing to go exhaustively into our past. I was about to do so when the official supplied the missing answer.

"For health and pleasure," he prompted briskly, and he stamped the document and pushed it toward us.

In the early afternoon we nosed out into the Gulf of Georgia. A strong northwest wind was blowing. The skipper didn't like to start a five-hour crossing as there was no knowing what the wind might become before we could get to shelter.

"If Vancouver could wait over in Departure Bay, we can," Robert said as he turned the bow of the *Yakima* back toward harbor.

We found two tugs at anchor, shepherding their booms of logs. Steam in the boilers was the only sign of life except for white-aproned Chinese cooks who came on deck occasionally with cans of garbage. I wanted to discuss weather, but it wasn't until evening that any member of the crew appeared.

WE ROWED over in the dinghy. A man leaned on the rail and answered questions. The westerly, he told us, might blow out that night, or it might last three days.

The wind died suddenly the third morning of our stay. I was elated. The skipper glanced at the tugs, neither of which showed signs of departing.

"Wish I knew why they're not pulling out," he said, as though their reasons should guide us.

"Are we sailors, or are we logs?" I demanded.

"You'll find out how much of a sailor you are before we're across the gulf," he said.

He started the motor and raised the anchor in that decisive wait-and-see manner men adopt to indicate their opinion of feminine logic, and we departed. At the end of three hours suddenly the wind came up from the south-east and blew harder after its short rest. No wonder the tugs had remained at anchor. I began to wish I were a log and not a sailor.

"I told you the gulf could get dirty," the skipper said. "It'll take an hour to get to shelter."

The westerly had blown hard and steadily and honestly. This wind came in gusts and kicked up a quick sea. A straight line was not the safest distance between two points. Quartering away from that sea became too dangerous and we headed into it.

I looked at the shores with some yearning. There is nothing to do with a boat but sail it.

"Boats should have wheels or wings," I said.

"You'll think so before we reach the mainland," Robert said.

Heading into the sea cut our speed and the steersman had to fight every instant. Our course lay to port but we could edge off only between the larger waves. They grew so big it was necessary to meet them full and with a half closed throttle. I was almost beginning to enjoy it when Robert called me forward.

"Take the wheel," he said.

I didn't even pretend to look eager.

I steered under the coaching of my tutor.

"Easy," he would caution. "Get ready for that big one. Less throttle! Hit it square!"

THE last was usually delivered with considerable more vehemence than the first. I was beginning to get the hang of it when the motor stuttered.

The skipper dived below. His head reappeared a moment later as he reported a clogged feed line.

"If I have to stop the motor we're in for a rolling," he said.

Measured by combers, each of which had to be appraised and dealt with, Robert was gone a long time. Actually he was gone only a few minutes.

"Trouble worked itself out," he said. "Had enough?"

"Plenty!" I said.

I sat with Bobs on the stern seat of the cockpit and hoped I would not be impressed into service when we came about and started to run before a sou'easter which was getting bigger and better every minute. The *Yakima* was never designed for running and, when she turned the full lines of her stern to the combers, seas crept up behind, lifted her high and tried to throw her into the trough.

And suddenly all the noise, confusion and motion ceased as the *Yakima* rounded a point toward which we had been wallowing. I looked astern to see if the wind could actually still be blowing. Beyond the point the whitecaps were still steadily marching north.

"After this I do what towboats do," I admitted.

Robert was tired, but he looked happy. "That breeze was nothing," he insisted. "No boat's been to sea until it's had a dusting."

I'd always wondered what rated as a dusting. But at least our crew of three had proved that we were sailors and not logs.

Are the Pinkertons really the jack-tars they think they are? Has their success in riding out their first "dusting" lulled them into a false sense of competent seamanship? Will they be as confident when they find the little "Yakima" being tossed about by the howling storms of Alaska and the leaping, swirling rapids of the inland waterways? For the further exciting adventures of these happy-go-lucky landlubbers, read the October issue of *PHYSICAL CULTURE* on sale everywhere September 4th.

SEPTEMBER, 1940

INTERNAL BATHS END YEARS OF DISTRESS

Baffled at 47—Feels Like a Young Man at 77

Imagine how thrilling it must be for a man, feeling half-sick, half-alive for years, suddenly to find himself restored to new happiness and vitality. How wonderful he must feel to realize at last he may be able to say good-bye to the headaches, biliousness, sluggishness, that all-in feeling, due to chronic constipation suffered through many years.

But such a man was Leopold Aul, and as explained in his own words: "One day when I was feeling especially bad and as nervous as a cat, I met an old friend of mine. He noticed how fagged out I looked and how rapidly I seemed to be aging. 'Why don't you take Internal Baths?' he asked, 'they did wonders for me.'"

What Is An Internal Bath?

Thereupon Mr. Aul began investigating Internal Baths. He found a bona-fide Internal Bath to be, the administration into the lower intestine of pure warm water—Nature's greatest cleansing agent—to which is added J.B.L. Cleansing Powder. Through the use of the J.B.L. Cascade four quarts of the cleansing solution may be sent gently swirling throughout the entire length of the colon. In fifteen minutes your impacted colon is thoroughly cleansed of its whole foul mass; the putrefying, delayed waste is loosened and washed away. Often the relief is immense—often a new sense of vigor and well-being sweeps over you.

Naturally, Mr. Aul did buy a J.B.L. Cascade. It proved a turning point in his life. Gone, according to his testimony, was the worry and distress that had hitherto overshadowed his whole life, sapped his ambition.

Send for This Free Booklet

Investigate yourself the merits of Internal Bathing. Simply fill in and mail this coupon and receive, absolutely FREE, your copy of "Why We Should Bathe Internally." This instructive 24-page booklet may open your eyes to many surprising facts about constipation and its many attributed ills; reveals, too, how many thousands of Internal Bathers have gained new health and vigor through this drugless treatment.



Read Mr. Aul's Astounding Letter

"I am now 77 years young, have owned a Cascade for over thirty years. When I first started using the J.B.L. Cascade I was a victim of constipation and at my wife's end as to what to do about it. Tried most everything that was recommended and prescribed for me for years without results. I now feel that Internal Bathing was responsible for bringing back my health and for keeping it ever since. I use the Cascade occasionally now, but I would not part with it for \$1,000. Have sincerely recommended it to everyone suffering from the ill effects of constipation."

Leopold Aul

I would like to thank you kindly for your letter of Dec. 7th and the interest which you showed in my case.

I have used the Cascade for a little over a month now and feel like a different person. My husband has also received great benefit from it. I do regret that I did not hear of the Cascade many years ago.

Mrs. Oliver Roylance
R.D. No. 1, Waterford, N. Y.

Upon receiving my Cascade I followed directions closely. I have used it for a little over a month and have already found it to be very helpful. I wish every person who is being troubled with constipation could afford to own a Cascade. To me it is a big asset. It is helping me and I know it would help them.

Mr. Edward G. Turnau
215 Irving Street, Toledo, Ohio

I would not take ten times the price for it. Don't see how I ever got along without a J.B.L. Cascade. My health is much better and still improving. I was terribly constipated, nervous, bloated, etc. I can truthfully say that the Cascade has helped me from the very first. I thoroughly enjoy it now and am enjoying my meals—everything tastes so good.

Mrs. Roy Brown, c/o A. Fiske,
3929 Bronson Blvd., Kalamazoo, Mich.

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PHYSICAL CULTURE

Outdoors



Erving Galloway

DEAR SIR:

I wish to spend the winter, or the most severe part of it, somewhere in the South or Southwest, and for health reasons I want to be outdoors as much as possible. Are there any Dude Ranches open during the winter months, and can you give me their address?

C. P. W., Buffalo, N. Y.

ANSWER—The place for you is Southern Arizona, anywhere from Phoenix south to the Mexican border and west to the California boundary. This section has the driest climate and the highest percentage of winter sunshine of any place in the United States.

Here is a partial list of Dude Ranches in Southern Arizona that are open during the winter months: Old Homestead Ranch, four miles from Phoenix, October 1 to May 1, address Mrs. C. A. Weiler, Route 5, Box 343, Phoenix, Arizona; Jokake Ranch, ten miles from Phoenix, address Jokake, Scottsdale, Arizona; Faraway Ranch, address Ed. Riggs, Manager, Dos Cabezas, Arizona; Rancho Linda Vista, thirty-seven miles north of Tucson, address George S. Wilson, Manager, Oracle, Arizona; Flying V Ranch, fourteen miles northeast of Tucson, address E. G. Furfey, Manager, Box 476, Tucson, Arizona; G. Bar Ranch, address Mrs. Wilfred A. Fiege, Dragoon, Arizona; Carr's Ranch, in Sierra Ancha Mountains, fifty-five miles from Globe, address Carr's Ranch, Globe, Arizona; Remuda Ranch, fifty-three miles northwest of Phoenix, address Jack Burden, Wickenburg, Arizona; Aztec Lodge and Guest Ranch, fifty miles north of Globe, address E. R. Fryer, Manager, Globe, Arizona.

DEAR SIR:

What is the best first-aid treatment for insect bites suffered in the woods?

W. O. W., Bellingham, Wash.

ANSWER—The best first-aid treatment for any insect bites is common baking soda slightly moistened and applied. For bee stings apply wet yellow

clay or a poultice made of an onion cut fine and crushed with a bottle. I have even known an onion poultice to be efficacious in snake bites.

DEAR SIR:

Are the spotted water snakes, called water moccasins here, venomous?

R. L. T., Kittanning, Pa.

ANSWER—The venomous water moccasins are found only in southern streams. Many non-poisonous water snakes, like the spotted water snake you speak of, are erroneously called "moccasins" in the North.

DEAR SIR:

I have never done any snowshoeing but expect to during the coming winter. I would appreciate a bit of advice on the stride to use.

M. K. T., Kane, Pa.

ANSWER—The stride to use in snowshoe walking is just the reverse of that used in ordinary walking. In ordinary walking the heel is only slightly raised and at one point in the step is much lower than the toe. In walking on snowshoes the heel is raised first and, with the heel still elevated above the height of the toe, the whole leg is lifted upward and thrown forward and the heel comes down to the level of the toe again only after the shoe has been planted at the end of the step.

DEAR SIR:

I am a boy thirteen years of age and wish to compete in the mile run and also play football when I get into high school. We have no athletic coach here and wish to know how I should train for these sports.

J. F. J., Aberdeen, N. C.

ANSWER—At your age you should devote all your efforts to building up your stamina and heart action instead of competing seriously in any strenuous athletic sport. The best age for a boy to begin to consider sport competition seriously is between seventeen

and nineteen. I don't mean by this that at your age you should not run a mile or play at football—but a boy of thirteen should never run the mile in competition with others or engage in football scrimmages.

For the next four years devote your training and athletic efforts to slow jogging, always slowing down to a walk as soon as you begin to get out of breath or tired and start jogging again when you get your "wind" back. This will build up your endurance and your heart action. Vary this at short intervals by practicing quick starts and short fast sprints of 25 yards. This will give you the technique of starting and develop your speed—and it is speed and endurance that wins all races.

This training will also develop your speed and stamina and leg strength for playing football when you come of proper age—but confine all your football playing for the next four years to practicing kicking, passing, catching punts and passes and perfecting yourself in the fundamentals of the game and you will be a better football player and less subject to injury than if you participate in scrimmage play before you have built up your strength and developed your protective muscles.

DEAR SIR:

Can you give me a recipe for making a good "dope" that will keep off both flies and mosquitoes on a trip into the interior of Central America during the coming fall and winter?

S. W. J., Austin, Texas

ANSWER—Take three ounces pine tar, two ounces castor oil and one ounce oil of pennyroyal. Mix and simmer together over a slow fire.

DEAR SIR:

What is the best type of tent to take on a trip into the outdoors where one has to pack his entire outfit on his back?

N. E. R., Stockton, Calif.

ANSWER—A tent never pays for carrying it on your back. It is never needed in sleeping outdoors except when it rains, and then protection can be provided by stretching a rubber poncho like a lean-to, facing the fire and with back to the wind. Take a rubber poncho instead of a tent. It serves a double purpose as you can wear it when it rains.

DEAR SIR:

I never have found a satisfactory knapsack for back-pack trips into the mountains, as they don't seem to hold enough. Have you any solution for this?

T. U. M., London, Ont.

ANSWER—While a couple of duffle bags and a "tump line" or head strap is best for crossing portages on canoe trips, where one has to carry equipment on one's back all day long, the most satisfactory solution is a homemade affair consisting of an old pair of overalls or trousers and a gunnysack. Tie the leg-bottoms of the overalls or trousers to the bottom corners of a gunnysack with a small pebble in each corner so the string will not slip off. You can then fill the gunnysack with equipment, gather the open end together and tie it with a heavy string to the overalls at the crotch of the legs. The legs form the shoulder straps, while the waist of the trousers is spread over the pack to keep off rain.

Cooking Under Pressure

(Continued from page 39)

This use for canning has tended to keep the pressure cooker units too large for convenient use in cooking for ordinary meals. Moreover, until recently, steam pressure cookers have been very heavily constructed and the method of sealing has generally required the screwing down of about eight thumb nuts.

THE lifting of the heavy cooker, tightening and loosening of a lot of thumb-nuts, which are hot at the end of the process, and waiting for the cooker to cool off to reduce the pressure have all made a total of inconvenience that has offset the time-saving of the faster cooking. All of this has usually limited the use of such steam pressure cooking to large families and to materials requiring an extra amount of cooking, such as dry beans, old fowls and tough joints of meat.

The steam pressure cooker, once proclaimed because it so thoroughly cooked everything, has seemed distinctly out of luck when the trend of cooking fashion has so definitely turned against overcooking. Yet now steam pressure cooking, which seemed to be going out of vogue, has staged a surprise come-back into a new popularity by being revamped to fit right into the current demand for quickly cooked vegetables, distinguished by a lesser degree of cooking and the fuller retention of natural flavor, color, vitamins and minerals.

This has been accomplished by fundamental changes in the concept and

design of the pressure cookers. They have been reduced in size and weight and changed in form to resemble the ordinary single side-handle sauce pan, with sizes fitted to cook a single item of the ordinary small family meal.

Coupled with this fundamental change in form, size and weight, is an equally important simplification of the devices used to seal the cooker to hold the steam under pressure. Snapping shut with a single quick motion, the cooker is ready for the steam pressure and that pressure itself supplies the energy to make a tight seal, instead of the hand labor of turning down a lot of thumb-nuts.

Even more marvelous, the steam pressure in reverse, that is the vacuum made by a quick cooling and condensing of the steam, does the trick of unsealing, which in the old-style pressure cookers was such an ordeal.

Here is an account and timing of the operations by which the writer cooked his favorite dish of beet-top greens. Never mind the time spent washing the greens, as that would be the same for any method of cooking.

The cooker is set on the full height gas flame and a little water tossed in from a cup to be getting up steam as the greens are placed in the cooker. As beet leaves are bulky things, that operation of stuffing them into the cooker required a full half minute. Putting on the lid and snapping it into place took only a few seconds. In another half minute steam is spurting freely from the vent, showing that the air has been

driven out of the pot. The little weight now is hung over the vent.

In about two more minutes, during which time I fed the cat, the little weight begins to rock and sizzle, indicating that steam is now escaping under fifteen pounds of pressure. The gas flame is turned low to stop the sizzling, and save gas, for another long minute. Now, four minutes from the time the cooker was set on the stove, it is picked up and held under the cold water faucet in the sink. In less than ten seconds the pressure is out and the lid opens easily. In another ten seconds the greens are in the serving dish on the table—less than 4½ minutes, all told.

AS TO quality of the finished product: color, form and full flavor are retained. The leaves with their heavy stems are amply tender but not washed out and mushy. The effect is similar and results practically indistinguishable from that attained by the skilled use of the waterless cookery method. The cooking operations have indeed been quite similar. In both cases very little water is used, just enough in the bottom of the pot to generate steam which drives out the air with its vitamin-destroying oxygen, and then serve as the actual cooking medium.

The distinction in cooking time is that caused by the difference in the maximum temperature of the steam, in the one case 212 and the other 250 degrees. In both cases there is a minimum leaching out of minerals and

Public Enemy No. 1

May "Get" You If You Don't Watch Out!

After middle age, heart and arterial diseases are more prevalent than other ills. They are the greatest "killers". Hardly a day passes that you do not read in the newspaper about some prominent person who suddenly drops dead. You may think that this is happening to Messrs. Brown and Smith, but it will surely not happen to you. However, unless you are living correctly and know your own physical condition, you may be the next on the list of "sudden deaths."

Check Your Heart Regularly

Most people are careless so long as they feel reasonably well and consequently heart and arterial diseases steal into their bodies before they are aware of them. You can guard against this condition by having a complete physical examination and profes-

sional report on your heart and blood pressure yearly between twenty and thirty-five, and twice a year thereafter—and also by living correctly.

How to Avoid "Sudden Death"

In this new book *Your Heart and Arteries* Dr. Alsaker gives you the rules for correct living—so that you can avoid heart trouble. On page seven of this remarkable book Dr. Alsaker writes:

"Because heart diseases and high blood pressure destroy more lives annually than any other ailment, also because these diseases may afflict you and me if we do not take the proper precautions, this book is written to show you how to prevent such a calamity, also how to counteract and resist such a combination of diseases if it has already taken place.

"Here are the glad tidings: The vast majority of those who have developed high blood pressure

with hardening of the arteries and overburdened heart can be restored to safety and full usefulness by living right. It is true that if human beings permit diseases to fasten their clutches upon them the time finally comes when Nature refuses to forgive them, but these are only a small minority. Those who are in the early stages of heart and arterial diseases can be restored; nearly all of those who are badly afflicted can be vastly improved so they can live usefully and safely. Only an occasional individual has so far overstepped the bounds that nothing can be done for him."

Dr. Alsaker assures you that the vast majority of those afflicted with heart and arterial diseases can be helped—and *Your Heart and Arteries* tells how. If you have begun to travel the road that leads to the destruction of hundreds of thousands of lives annually—correct your manner of living and thinking now.

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YOUR HEART AND ARTERIES

By RASMUS ALSAKER, M.D.

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water-soluble vitamins and flavor elements, because steam leaches more slowly than when the food is submerged in water, and because of the comparatively short time, in either case, required for the cooking.

Far from reneging on my previous endorsement of the quick-time, waterless method of cooking vegetables, I find that this clever new application of steam pressure is merely another way to get the same desired effects.

Either of these methods is a vast improvement over the old-fashioned open-pot boiling with its customary overcooking, leaching out of flavors and minerals and destruction of color and vitamins. The pressure cooker is still faster than the earlier form of waterless cooking, but both methods are quick enough to make the cooking of all ordinary vegetables fall easily within the time one must be in the kitchen to get the food assembled and on the table.

BOTH methods require careful attention for a brief time and are not processes to be started and then go shopping, or even into the living-room to listen to the radio. In either case, since only a little water is used, the vessel can boil dry, unless timing and flame size are correctly handled. In both cases, once the temperature is up and steam escaping, the flame should be checked so that very little water is boiled away. There, perhaps the pressure cooker can claim an advantage because the brevity of the water boiling

period reduces the likelihood of misjudging the amount of water evaporated during the process.

As for the comparison of the two methods for the retention of flavor, minerals and vitamins, it will take more careful investigations than I have yet seen reported to determine if there is any choice between these two processes.

There are a number of physical and chemical changes that take place during any cooking process, some of which are desirable and some of which are objectionable. Among these changes are the softening of the texture, the change in flavor from that of the raw to that of the cooked taste, the dissolving out of water-soluble elements, including minerals, flavors and some vitamins, the destruction of vitamins by heat plus oxygen, and, lastly, the loss of flavors or aromas by volatilization.

Most all of these changes are hastened by higher temperatures, but the degree of cooking, or when we consider the product "done," is judged chiefly by the tenderness or the softening of tissue. If the higher temperature speeds up this part of the process more than it does those changes that we do not desire, such as vitamin destruction, then it is the better cooking method.

We should know positively whether this is the case or not, but I so far must confess that I do not know. Until that point is authoritatively settled by very careful and elaborate

research, the advocates of the competitive methods can make rival claims. If it should end up that there is really no appreciable difference, then the decision will be left to points of economy, convenience and flavors.

And these in turn may vary with different products. Even the reduction of cooking time by the higher temperature is not proportional for all foods. The steam pressure cooker will in general reduce cooking time by about one half, but for potatoes the reduction is not that much, whereas for many green vegetables it is more than that. Indeed for some of them about all the time needed is that required to get them up to temperature and cool them off again—and in some cases the cooling should be hastened (as described) to avoid overcooking.

As for flavors, tastes may differ, but the opinions of about a dozen people, to whom I have had the pleasure of serving such almost instantaneously cooked vegetables, has been extremely flattering to these newest methods of cookery.

When such more appealing flavor is added to the better retention of minerals and vitamin qualities, we have a sound additional health claim. Better flavors will mean more frequent serving and more liberal consumption of good vegetables, which facts will improve the qualities of the diet as a whole. Food for health isn't medicine to be taken only on special occasions; it is what you eat every day that makes you live more days and live better on all days.

Prevention and Treatment of Gastric Ulcer

(Continued from page 37)

abuses of body and mind, it is usually easy to handle; but if the patient has had repeated attacks of ulcer over a period of years, it may be more difficult. Sometimes the ulceration starts with a hemorrhage, which may vary from moderate to extreme enough to cause serious anemia. In either case, bed treatment is indicated until the bleeding completely stops; also for a few days thereafter to be certain that there will be no more hemorrhages. For a week or two after the bed treatment, the sufferer should remain in his home, taking his ease and resting much in bed.

The feeding in hemorrhage should consist exclusively of tepid milk, which may be somewhat diluted with water to make it easier to digest. While eating nothing but milk it is all right to take nourishment every three hours, because milk does not long remain in the stomach.

In intestinal hemorrhages it is well for the patient to have a very light ice-cap immediately below the ribs in the mid-section of the abdomen. This tends to discourage hemorrhage.

Many who are suffering with ulcer are able to be up and to attend to their affairs, but all of them should keep away from strenuous physical and mental life. Not one of them can afford to engage in strenuous walking or in abdominal exercises until the ulcers have healed; not one of them can afford to indulge in fear, worry, anger, anxiety or other depressive emotional states, because these destructive mental forces upset the digestive processes and accordingly tend to make the ulcers worse. These patients need to lead a calm and moderate life all

along the line until the ulcers heal. After that, they can and should return to a reasonable amount of exercise, gradually increasing until they are exercising enough to maintain the body in tonic condition.

Until the ulcer heals, all vegetables should be pureed, and all fruits should have seeds and peels removed. No roughage should be eaten. If this treatment interferes with intestinal elimination, it is necessary to take the tepid enema often enough to maintain intestinal cleanliness.

The best proteins during the ambulant form of ulcer are first milk and second cottage cheese; the best starch is baked potato—white, sweet or yam; the best sweet food is thoroughly ripe banana, with honey running a close second. Both the bananas and the sweet potatoes must be thoroughly masticated and insalivated. The rule for eating is to partake of foods slowly and chew every morsel thoroughly.

For the ambulant patients, it is well to mix milk and orange juice before these are consumed because this forms soft, small curds and consequently prevents the large curds that are apt to form in the stomach if milk is eaten by itself. Many years ago it was believed that one must not eat milk and acid fruit in the same meal. We now know that the milk and acid fruit make one of the best possible combinations. Even little children can digest such a combination with the utmost ease, especially the grapefruit juice or orange juice mixed with milk.

Here it is well to state that many doctors believe orange juice should not be given to ulcer patients. I have always relied on orange juice combined

with milk in ulcer cases and I believe that is one reason why my results have been so good and why they have been permanent when the patients were sensible enough to live according to Nature's way after they recovered.

As the ulcer condition improves, other foods are added. However, baked potato remains as the best starch for six to eight weeks. The milk is gradually decreased as baked, boiled or steamed fish is added; eggs are another welcome addition, either coddled, poached or as an ingredient in custard; after this, chicken is added and then liver and finally other meats, except pork.

SENSIBLE patients never return to fried foods, white sugar in foods or drinks, or white flour in any of their foodstuffs. They have had their lesson and accordingly profit. Those who do not use good judgment generally have ulcer attacks from time to time and finally an operation, which often leaves them in bad shape, especially if a gastro-enterostomy has to be performed. This is a new opening between the stomach and intestine, due to a diseased condition at or near the pylorus, which is the muscular gateway between the stomach and the duodenum; the duodenum is the first part of the small intestine and the favorite seat of ulcers in the small intestine.

If you do not want to develop ulcers, re-read the first part of this article. There are just a few simple things that you have to do and ulcers will stay away.

First, develop a constructive outlook on life. Look upon all the difficulties that come your way, whether at home

or at work, as problems for you to solve. Then they test your mettle and it becomes a grand game to find the solution. A few conditions will arise in life that the individual is unable to solve. Adjust to these gracefully. When this is done, worries are eliminated. Worry, fretting, anxiety and other emotions are some of the chief causes of digestive ulcers. So there is your prevention from the mental side.

On the physical side, the prevention is equally simple. First, make a habit of eating only vital foods, the foods that have not been so processed that nearly all of the original life is taken out of them, that nearly all of the vitamins and mineral salts so essential to health are removed.

HABITUALLY eat freely of fresh fruits and vegetables and have as many of the fruits as possible raw and at least one generous raw vegetable salad daily. It is a safe plan to partake of enough fruits and vegetables to make up more than half of the food intake, by weight. This helps to maintain the precious alkaline reserve, which we must have to maintain health.

Always remember to eat slowly and masticate well because some of the

foods cannot be properly digested without thorough mastication; all of the foods containing starch need a generous amount of saliva to start the normal digestion. This cannot be obtained without proper mouth treatment of the food. This is repeated on purpose, to emphasize its importance.

Avoid very complex meals. If one eats eight, ten or twelve different items of food in a meal, the digestion is overtaxed. It often protests by permitting excessive gas formation in the stomach and intestines. Simple but wholesome meals are best. Some forget that they do not need to consume all varieties of food in a given day.

It is also necessary to drink enough water to prevent a concentration of acids within the system because excessive acidity in the digestive tract helps to produce ulcers. The last point is that it is necessary to exercise enough to keep the muscles of the back and the abdominal walls strong and resilient, ever ready to do their duty; this factor in connection with correct eating, drinking and thinking prevents constipation.

It requires but a modicum of health knowledge, common sense, will-power and determination to keep ulcers away.

The Vitamin-B Complex

(Continued from page 42)

by caloric-concentrated whiskey in large amounts. For one thing, the carbohydrate eater is not as hoggish as the carbohydrate (whiskey) drinker. One does not eat enough rice or white sugar to yield 3,000 calories a day, ordinarily. If one did, we should see a good many people with some of the symptoms of the D.T.'s from too much candy—or sugar—or polished rice.

As it is, the American public draws half its daily caloric intake from sugars and starches which have lost their natural Vitamin B₁ in processing. And the American public pays almost as great a physiological bill as drunkards do—in poor digestion, poor appetite, poor elimination, disordered nerves, weak legs, and flat feet.

At the present time, we might call this group of vitamins the VITAMIN B-hive, for it is buzzing with inhabitants, some of whom we know, others whose presence is suspected by research workers, but not conclusively demonstrated. We recognize and have isolated and synthesized: Vitamin B₁—thiamin chloride; Vitamin B₂ (G)—riboflavin; Vitamin B₃—adamin; nicotinic acid; pantothenic acid; Bios (not synthesized).

We are definitely sure of the existence of, and expect to isolate and perhaps to synthesize: The Intrinsic Factor; Factor W; Vitamin B₁₂.

We suspect that there may also be: Vitamin B₅; Vitamin B₆; certain eluate factors.

So the secrets of this fantastic storehouse of vitamins have one by one given themselves up, and we are now restoring sight to those who might otherwise still be facing blindness without the weapons we have taken from the B Complex as it is now known.

Most foods containing B₁ also contain the B Complex. As a matter of fact, it is difficult to imagine a diet which would produce a deficiency in thiamin, for instance, without producing a deficiency in nicotinic acid or another vitamin of the B Complex. In beri-

beri, caused by lack of B₁, there are distinct symptoms of pellagra, attributed chiefly to lack of nicotinic acid. In pellagra, total recovery cannot be achieved through nicotinic acid medication alone, for thiamin and riboflavin—B₁ and B₂ (G)—must also be used.

Vitamin B₁ is important to the growth of children, and is apparently involved in calcium utilization. It is a potent force in creating appetite, and in stimulating functioning of the stomach and intestines. Its action on nerves is well established, and in diseases where nerves atrophy, B₁ therapy has been instituted with some excellent results.

THIAMIN is necessary to functioning of the heart, which collapses very suddenly in deficiency cases. The vitamin is strongly involved with the hormones, and in particular stimulates the functioning of the adreno-sympathetic system. Thus it is being used by patients recovering from long illness, as powerful pick-me-up.

While beri-beri, the classical Vitamin B₁ deficiency disease, occurs infrequently in the United States, medical authorities trace to national consumption of white bread and similar thiamin-deficient carbohydrates, a nationwide borderline deficiency in the vitamin, of serious import.

Minor digestive disturbances and irritability in nursing infants is thought to be in many cases a reflection of the inadequacy of the mother's diet in vitamins of the B group. It is startling to think that many infants, suffering with mild infantile beri-beri, are treated for something else when prompt results would follow inclusion in the mother's diet of whole-grain breads and cereals. A mother suffering with beri-beri secretes milk which is actually poisonous, and which will, injected into an animal, cause the animal's death.

Another factor of the Vitamin-B Complex is B₂ (G), or riboflavin. Riboflavin is important to the hair, skin,

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with its *Delicious*
BACON FLAVOR



BAKON-YEAST has
600% MORE VITAMIN B
than the Fresh Brewers Yeast
from which it is made

EVERYONE knows the benefits of yeast—and now, you can get your daily quota by shaking delicious BAKON-YEAST on your food in this new, tasty, powdered form—prepared from fresh grain-grown brewers yeast, with the VITAMIN B content increased 600% by the BAKON-YEAST process.

BAKON-YEAST gives a delightful new taste to any food. Just sprinkle it on your eggs for breakfast—on your meat, fish, vegetables and salad, for dinner—mix it in your soup—let the children eat it on toast and sandwiches—for the whole family will LIKE yeast in this new, zesty form, with the HICKORY-SMOKE flavor of crisp bacon! Keep a shakerful of BAKON-YEAST on your table at all meals.

ALL THE BENEFITS OF FRESH YEAST!

Physicians agree that the B Vitamins are essential to normal nutrition. That is why we emphasize the fact that BAKON-YEAST is six times more potent in B vitamins than the brewers yeast from which it is prepared! It contains all the minerals naturally present in brewers yeast, together with important protein elements! BAKON-YEAST contains no meat, no fat, no starch, no salt, no sugar. It's non-flattulent and non-fermentative. If you're dissatisfied with fresh yeast cakes or yeast in other forms try BAKON-YEAST with that hickory-smoke flavor which everyone likes!

ASK FOR BAKON-YEAST by name at your health-food store or grocer's. Table Shaker Size, 25c—Family Economy Size, \$1.

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Don't wait—send coupon today for a generous TRIAL PACKAGE, absolutely FREE, and folder telling many ways to use BAKON-YEAST—how it is smoked to a bacon-like flavor over fragrant hickory—why its more potent B VITAMINS are so beneficial!



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and eyes. Rashes around the mouth have definitely been traced to deficiencies in this vitamin. While it was thought that Vitamin A is the only factor in foods which is important to the eyes, it is now known that riboflavin is also involved in vision. Night-blindness sometimes will not yield to administration of Vitamin A, though it usually does. In such cases, administration of riboflavin accomplishes the recovery of normal vision.

CATARACT of nutritional origin has been treated successfully with the orange-colored vitamin, G. So has keratitis of certain types, an eye disease which once threatened blindness to children born, for instance, of syphilitic mothers.

Most important of its promises, Vitamin G apparently holds the secret of longer life. Animals on a well-balanced diet respond to larger intake of G by living longer; and their longevity is more marked if intake of other vitamins and minerals is raised toward the optimum.

We may dispose of Bios, the Intrinsic

Factor, Vitamins B₁, B₂, and B₃, with Factor W, very briefly. Bios is apparently an enzyme or a vitamin necessary for the growth of yeast; pigeons need B₂ and B₃; rats and chicks require B₁; Factor W is necessary for the health of rats. However, though no human need for these vitamins has yet been demonstrated, there is every possibility that they are needed by the human body. They occur in foods which man eats in large quantities; they are very likely to be needed by children for growth.

The pellagra-producing diet lacks nicotinic acid and other B vitamins which are refined out of many carbohydrates when they are made "purer" by processes which change their original colors—usually brownish—to the white which is the symbol of cleanliness for the average person.

The dependence of man on environmental factors is strikingly dramatized in this story of nicotinic acid. Yet the implication carries for all the vitamins. Probably many of our common ills, authorities believe, are the end point of predisposing faults in diet.

Pantothenic acid, newly isolated, has been found responsible for a disease

of the bones in chicks. Its usefulness in the treatment of muscle disorders still awaits further investigation, but like Vitamin B₆, it will probably be effective in such illnesses. B₆ has already demonstrated efficacy in the treatment of skin irritations not previously thought to be of deficiency origin, and new roles for this vitamin as well as for pantothenic acid loom on the research horizon.

The sum total of evidence for the importance of the vitamins of the B group is impressive. In nature, these vitamins are found richly in the seeds (all whole grains, beans, peas, nuts, etc.)—close to the starch whose metabolism in the human body they help to control; close to the new life concealed in the seed, deep in the embryo from which the new plant springs. Vitamin B₁ and the B Complex begin thus where life begins. With them, bread is indeed the staff of life. Without them, food is a candle without a wick.

Next month Carlton Fredericks will give a survey of the present knowledge of Vitamin D and related minerals, discussing their role in buoyant health.

Second-Hand Love

(Continued from page 25)

your Uncle Bill will help us. It's wonderful the way he sticks to us."

But the lack of immediate financial pressure brought us no particular joy. There was a deadness of feeling between us. It was as if the mainspring of our marriage was broken. After a while Allan stopped going out to look for a new position. He was at home most of the time. Ordinarily I would not have minded this. But now the fact that we were together so much simply gave us more opportunity for conflict.

We got into the awful habit of arguing whose fault the whole mess was. I reproached him for everything, for not sending Gerry's diary back to her in the first place, for having married me when her image still lingered in his heart, for having gone to her the previous summer. He retorted that perhaps my conduct at Sea Cove had not been as blameless as I pretended.

"Anyhow, if it was only this Lawson scandal, H. W. would not have fired me!" he cried. "It was too much for him only because it came on the top of the Wiley matter!"

"So it's all my fault, is that it?"

"Maybe not altogether, but certainly a good part of it is!" he shouted and slammed the door on me.

I knew our marriage was breaking up. Somehow I did not care. And on the day that Allan came to me and actually said he was leaving me, I was more relieved than anything else.

For the first time since Fred Lawson's visit to us we acted like sane people.

"There's no use in our staying together any more," said Allan calmly. "We don't really care for each other. And even if we did, there never would be any peace between us again. If Lawson dies, we'll never forget it. And even if he gets well, in your heart, you'll never forgive me for this scandal."

"I could forgive you everything—except your going to Gerry last summer," I said.

"You didn't try so awfully hard to keep me from her!"

"Wouldn't you have gone just the same?" I challenged.

"Perhaps. Well—it looks like our marriage was all wrong from the start. The only sensible thing to do it to call it an experience and let it go at that. Don't you agree?"

"Yes, of course!" I said in bitter pride.

He packed and left the same evening for a hotel.

Thus we parted, almost as casually as two friends before a journey. Perhaps we were too spent emotionally, perhaps a certain last pity we had for each other made us spare any further recriminations and tears.

I was not lonely the next week or so, I was too busy making plans for a new life. If at moments I had a strange, lost feeling when it came to me that Allan was no longer a part of my life, it passed quickly in the rush of my activities. I went back to the stenographic agency and was fortunate enough to be taken on again at once. I decided to stay on in the apartment. The lease still had nearly a year to run. Perhaps I could have had it cancelled. But I wanted to prove to myself I was not afraid to face the memories that might assail me here. I wanted to convince myself definitely that Allan and I were really through.

I heard from him. His letter enclosed a check for my expenses of the month. I immediately returned it. I told him I had no claim on him.

The days went by swiftly. In their wake they brought some good news. Fred Lawson, after lingering in a critical state for some time, was slowly recovering. And as he refused to press any charges against Gerry, confirming her story of the accidental way the shooting had occurred, she was freed.

Then Uncle Bill burst in on me one day. He was in a state of spluttering rage.

"What is this, Paula—a game? Now we're married, now we're not?"

"I'm sorry, Uncle Bill. This separation is for keeps."

"Do you happen to realize, Paula,

that Allan and Gerry Lawson are seeing each other again?"

"Oh—really! Well—that's not so surprising," I said dully.

"Are you going to stand for it?" he cried indignantly. "Are you going to sulk here and let that woman win your husband away?"

I managed a smile. "I think they are meant for each other," I said calmly. "They should have married years ago!"

He stared, open-mouthed. "Does that mean you—you'd actually give Allan a divorce if he asked for one?"

"I would," I said, turning my eyes away.

THAT night was a sleepless one for me. It was not caused by Uncle Bill's fervent plea to me not to ruin my life and Allan's both. The idea that Allan might really want a divorce shocked my torpid emotions into life. Of course I expected our separation to end in divorce some day. But—not so soon, oh, not so soon! I felt suddenly lost and miserable. I wept into my pillow.

It was not long after that Allan visited me. Quietly he told me that Fred had consented to divorce Gerry. It would only be fair if I freed Allan now. He and Gerry planned to get married.

"So—you're going back to her after all!"

"Yes," he said briefly. He did not discuss that any further. He told me he had the chance of an important position in another city, but all his plans were being held up until he was sure where he stood in regard to me.

"Just what do you want me to do? Go to Reno?" I asked.

"If you could manage it."

"Why not? Shall we say next week? I can get ready by then."

"That would be fine!" he said.

He looked a little thin, I thought, almost haggard. He seemed somewhat bewildered, as if events were moving too fast for him. For some reason I found myself feeling sorry for him. Sorry! I steeled my heart.

"Good-by, Allan," I said.

He looked at me in a hopeless sort of way. "Er—good-by!" he said, and went out.

I did not give myself time to be sad. I plunged into preparations for my trip West. But during my shopping, during the talk I had with my lawyer, during the dinner Uncle Bill insisted on giving me and at which he almost wept over me, during all this time there beat in my heart, like an endless autumn rain, the thought that at last everything was over between Allan and me.

I did not tell my friends. They would find it out in time. I kept it out of the letters I wrote to mother and dad. I knew that if they suspected the real state of things, they would rush to me. I did not have the courage to face them, make explanations, oppose the efforts they would surely make to have me change my mind. I would get the divorce and then tell them. It would be easier for everybody that way. Poor mother and dad. It would be a blow to them, too. Funny—funny how our marriage had pleased everybody except the two people most concerned, Allan and myself!

THEN, toward noon of the day before I was to leave, the phone rang. A woman's voice said, breathlessly, "Hello! Paula?"

"Yes. Who—?"

"It's Natalie! Natalie Blake, darling!"

"Natalie!" My excitement deprived me of speech for a moment. "Natalie!" I gasped. "Why—I thought you were in Peru!"

Natalie was one of my dearest friends. We had been brought up in the same Ohio town. We had attended high school together and shared a room at college. After graduation she had married an engineer, Hugh Blake, and gone with him to South America. We had corresponded. I felt a wry smile on my lips as I thought of the glowing letters I had sent her about my happiness during the first weeks of my marriage.

"Hugh and I have just stepped off the boat," she said.

"Darling, you must come right over!"

"Oh, Paula, we'd love to. But we've got to get to a hotel, and then Hugh must rush off and see the head of his firm. And I've got to see my Aunt Kate. But we'll be free this evening. We're not going on to Ohio until tomorrow."

"Then you must come to dinner tonight, both of you!" I said impulsively.

"That would be wonderful! Are you sure it won't be too much trouble?"

"After not seeing you for more than three years!"

"You're sweet, Paula. We'll be tickled to come. And I'm just dying to meet your Allan. What time do you want us?"

I suddenly felt cold all over. "Er—seven-thirty."

"Fine. Good-by, dear, and thanks a million!"

"Natalie—wait a minute!" I gasped. But she had already hung up.

I sank back in my chair. What had I done? I had invited the Blakes for dinner and they expected to meet Allan! Consternation seized me. How could I possibly explain Allan's absence on an occasion like this? Or suppose I told her the truth? The Blakes were on their way to my home-town. They would see mother and dad—tell them. I seized the phone. But where could I call Natalie? I did not even know where she was staying.

My head whirled. And then suddenly, out of nowhere a plan, a crazy, desperate plan came to me.

My breath coming quickly, I dialed the number of Allan's hotel. He was not in. I left my number. An hour later he called.

"Allan, something's happened. You must help me out!" I faltered.

And I blurted out all about Natalie's phone-call and my rash invitation to her and Hugh.

"She—is under the impression she is coming to see a—happily married couple," I stammered. "So—I wonder if you couldn't come to dinner here tonight? And—just pretend everything is all right between us? Just for tonight, Allan. The Blakes are only passing through town and it won't matter after tonight."

He uttered an exclamation. "Why—er—"

"This is the only thing I'll ever ask of you the rest of my life!"

"But I—er—have an appointment tonight—a very important one."

He did not have to tell me it was with Gerry.

"I'm giving you your freedom. Surely you could spare me one evening," I said, quietly.

He was silent. Then, "Okay, Paula. I guess I owe you this much. I'll be there."

"Thank you, Allan. Please come about seven. I'd like to have you here when they arrive. Good-by!"

I spared no pains to make this dinner an occasion. I did all in my power to make it look like a dinner in a home where love and harmony prevailed.

I FILLED the house with flowers. I set the table with unusual care, using my best linens, my best silverware and my imported Swedish glassware. I had a beautiful centerpiece—flowers in a silver bowl on a mirrored square. The mockery of it all was not lost on me, but I fought it back. I put on a gown of soft, clinging wine-colored velvet, and golden slippers.

The bell rang. I heard the maid open the door and her hearty, delighted, informal, "Good evening, Mr. Nicholl—it sho' am good to see you again!"

I took a deep breath and went out.

"Hello, Allan," I said levelly. "Nice of you to come."

"Hello, Paula! You—look lovely tonight!"

"Thank you, kind sir."

We chatted. I knew I was talking too fast, making too much of an effort to appear bright and unconcerned. But I could not help myself. It all seemed so horribly unreal—Allan's coming here like a mere dinner guest. I was nervous and tense.

"Well—how are things, Allan?" I said, forcing a smile.

It seemed he was going to his new job Monday. He was enthusiastic about his prospects. The firm was a smaller one than H. W.'s, but he would have more leeway for individuality.

"I'm glad," I said quietly. "And how is Gerry?"

His mouth seemed to get a little tense. But his eyes regarded me steadily. "Very well, thank you," he said.

There was an awkward silence. Neither of us seemed to have anything more to say. It was a terrific relief when the bell rang and the Blakes came in.

Natalie and I rushed into each other's arms.

"Oh, it's so good to see you again!" she cried. "And—this is Allan, isn't it?" She turned to him, smiling.



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"Yes, this is my husband." And I introduced Natalie and Hugh to Allan. The tension between Allan and myself was broken. The Blakes radiated such cheerfulness that you could not help but be affected. Natalie kept beaming at Allan and said he was just the sort of man she had imagined from my letters and she could readily understand why I was so happy. Allan flushed and looked away, but I took this in my stride and laughed like a pleased wife.

Natalie chattered about everything under the sun. Hugh and Allan took an instinctive liking to each other and were soon deep in a discussion of economic conditions in Peru.

THE dinner went very well. Oh, if it were only real, the atmosphere of happiness that bathed the shining silver, the gleaming glassware, everything. The thought sent a pang through me as the maid served, as Natalie talked, as Hugh told some funny stories of their trip home and even Allan warmed up and was his old gay self again. Oh, if it were only real, I thought again as we returned to the living-room and sat down in the friendly, intimate atmosphere evoked when people who like each other are together.

The party was a success. The Blakes did not have the slightest inkling that it was all false, that the link between Allan and myself was irrevocably broken. When he walked out of here tonight, it would be for the last time. Well—at least our marriage was ending up in a blaze of glory. The ship we had sailed was going down—but with the band playing and flags flying. That was something, I told myself with desperate, mournful pride.

I was trying to wink back the sudden tears in my eyes in spite of everything when the bell rang again. I got up quickly, glad of an excuse to leave the room. I went into the hall, closing the door behind me. I opened the door.

"Good evening!" The young, strikingly pretty blonde girl who stood there gave me a quick, sharp look. "You're Paula, aren't you?" she demanded.

"Why—yes, I'm Paula Nicholl."

"I'm Gerry!" she said arrogantly.

"Is Allan here?"

"Why—yes!" I said in astonishment.

"I suppose this looks unusual," she said calmly. "But Allan told me he'd be here, and as I consider I have the right to be with him, I thought I'd come along."

The sheer rudeness of it was breathtaking. So this was the girl Allan was planning to marry! I stared at her, speechless. She was tall, slim. She had naturally golden-blond hair, a milk-white complexion, blue eyes, delicate features. But selfishness and arrogance marked every line of her face.

"I'm sorry," I said at last. "I'm entertaining some friends."

"Oh, we won't let that stand in our way, will we?" she said, taking a step forward.

I suddenly understood what Allan had once said about his giving in to her because he was afraid she would make a scene. I realized she was the utterly spoiled, self-indulgent sort of person who would go to any lengths to get what she wanted. I suddenly made a decision.

"I'm not going to give you the pleasure of making a scene out here," I said. "I'm going to let you in—on one condition. My friends don't know Allan and I are going to be divorced. If you remember that I am his wife still, everything will be all right. This eve-

ning means a lot to me, Mrs. Lawson. If you do anything to spoil it—I'll start acting up too. I'll just tear up my ticket to Reno and stay Mrs. Nicholl for as long as it suits me. Is that clear?"

"Oh, yes, indeed!" she sneered.

"Come in," I said with icy disgust.

I might have known it was a mistake to permit this audacious creature to take one step into my home, even to prevent her from creating a disturbance at the door. It did not take long for me to find this out.

As I entered the living-room with her, I saw Allan's hands grip the arms of his chair.

"This is Mrs. Lawson," I said to Natalie and Hugh calmly. "An old friend of ours."

They acknowledged the introduction politely. But Gerry did not even look at them. She stood there glaring at Allan.

"Are you coming, Allan?" she said, deliberately.

The Blakes stiffened in their chairs with surprise. There was a dead silence. I was too stunned to speak.

PHYSICAL CULTURE CLUBS

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"Gerry—have you gone mad?" exclaimed Allan.

"Oh, don't look so surprised. I told you I'd come here tonight if you did. Now please take me home. Or shall we all stay and have a nice little party?"

"Mrs. Lawson," I said furiously, "I must ask you to leave at once!"

"Not till I've put things straight here!" she flamed jealously. She turned to my astonished friends. "I'm not an interloper here!" she cried. "You may as well know the truth. I have the right to go wherever Allan goes. He and I are going to be married just as soon as he gets his divorce. And I'm not going to stand for tricks like inviting him to dinner to get his sympathy, to work on his feelings and make him change his mind. Now you all know. Well—are you taking me home now, Allan?" she demanded imperiously.

"Take her away, please!" I said with loathing.

"I'm sorry," mumbled Allan, his face crimson. He bowed quickly to Natalie and Hugh. Gerry, a hard look of triumph on her features, went out. A moment later, carrying his hat and coat, Allan followed.

Strangely calm now, I could even face my guests with a smile.

"Yes," I said, in answer to their unspoken questions, "Allan and I are going to be divorced—on account of this woman. We have been separated. I asked him here tonight only to make things look right for you, Natalie, Hugh."

"Oh, you poor dear!" cried Natalie, taking me in her arms.

My friends stayed late, blessing me with their sympathy and comfort. But when I was alone my courage evaporated. I felt utterly spent. Not only because of what had happened this evening. Because the real truth flashed over me.

I realized I had not had Allan here tonight merely to save face before the Blakes. No—it had been because I wanted an excuse to see him, to pretend he still belonged in this house, that he still loved me. Gerry had been right. In the depths of my heart I had hoped something would happen to bring him back to me.

I went into my bedroom. I flung myself on the bed. I wept bitterly.

At last I stopped. What was the use? My last hope was gone. Allan would never come back to me. I had threatened Gerry I would not go to Reno. But what else was there to do? He was through with me. What would I gain by standing in his way? Revenge? I didn't want that.

I began taking things from my dresser. I opened a couple of suitcases and began to pack. As I worked, the tears started again.

Suddenly my hand stopped as if paralyzed. What was that? A foot-step sounded outside the room. I turned, my heart in my mouth. It was—Allan.

"Hello, Paula!" said Allan unsteadily.

My mouth began to work. I swayed. One stride brought him to me. He caught me in his arms. He kissed me, once, twice, over and over again. Then, before I could catch my breath, "What's this?" he demanded, pointing an accusing finger at my suitcases.

"I'm packing," I said feebly.

"Oh, no, you're not!" He rushed over and plunged his two hands into the first bag, seized all he could hold and flung the articles upon the bed pell-mell. "You're not going to Reno!" he said.

"What—what do you mean?"

"I MEAN," he said calmly, "I've just had a noble bust-up with Gerry. Once, for all time, finally and definitely I'm through with her. What a fool I was for ever letting that brat get her hooks into me! But I've had a fool's luck too, thank Heaven. Tonight opened my eyes once and for all."

"Tonight?" I breathed.

"I've stood for a lot from Gerry since I met her," he went on grimly, "but tonight was the absolute limit. You see, I told her I was coming here this evening. And I made her promise not to follow me. And she went right ahead and did as she pleased."

"That cured me, Paula. It wasn't enough for her that she was taking me away from you for all time. She had to take me away from you even this one evening when you needed me so much! She begrudged you even this."

He took me in his arms again. "Oh, Paula, Paula, what fools we've both been! We've had the most precious thing in the world and toyed with it, squandered it, tore it to pieces like two stupid children. Will you let me come back?" he pleaded swiftly, his eyes shining. "Will you go with me to this new job of mine in a new city where we can start all over again? Please, Paula, darling, please!"

I stared at him, trembling. Then suddenly my eyes filled with such tears that he was blotted out of my sight.

But I felt his arms about me. I instinctively lifted my lips to his.

And now as he kissed me, I felt a great weight slip from me. I felt my heart beating in quick, joyous freedom, a freedom I had never experienced in all our marriage before. And I knew what that meant. It meant that Heaven was good to us. It meant that we had both finally atoned through suffering and repentance and that the past was dead at last.

The Science of Combining Proteins

(Continued from page 44)

Thus there are ample reasons in both food economy and health for keeping protein consumption down to levels near the body's actual needs. This can best be done if the proteins are of the right kind and in the right combinations.

Correct protein combinations are based upon the fact that the protein-forming substances, or amino-acids, are not all equally valuable. In analyzing the body tissues we find all of the amino-acids which occur in food proteins, so it is correct to say that they are all necessary. If, however, certain of the amino-acids are lacking in the diet they can be manufactured by the body from others, but there are at least four amino-acids which must be supplied originally in the proteins of the diet.

THESE four *nutritionally essential* amino-acids are indispensable for life, growth and health and so have been nicknamed the "Big Four." The body's supply of amino-acids is formed when food proteins are broken down in the digestive process. If the Big Four are not present in the food proteins of the diet we are out of luck, because they are essential for growth and repair and the body cannot manufacture them.

The presence of the Big Four determines the biological value of a protein. If a protein contains all four in sufficient amounts it is called complete. A complete protein, like that found in milk, will not only maintain life, but it will also support growth. An incomplete protein, like the principal proteins of corn meal and white flour, lacks one or more of the Big Four and will not even maintain life if relied upon as the sole source of protein. Also there are a few proteins which are only partially deficient in one of the Big Four and will therefore maintain life but will not support growth.

All the incomplete proteins, however, do not lack the same member of the Big Four. This fortunate fact enables the menu planner to improve nature's food-stuffs by combining them, since we fill our protein needs, not from any one food protein eaten, but from all of them together. Two incomplete proteins, for example, when eaten together may be greatly superior to an equal quantity of either alone. In such a combination each protein supplements the deficiency of the other.

Our chief practical sources of protein may be classified as follows:

COMPLETE	NEARLY COMPLETE	INCOMPLETE
Milk	Whole Wheat	White Flour
Eggs	Whole Barley	Corn Meal
Lean Meat	Oatmeal	Gelatin
Cheese		Navy Beans
Soy-Beans		Peas
Peanuts		

Nearly all of these foods may be combined so that the resultant protein combinations are superior both nutritionally and economically. Many of the combinations may be achieved at a single meal or even within a certain dish, but this is not necessary. The important thing is to have the combinations completed in the whole diet, taking into consideration all the food eaten throughout a day or even a week. Following are some of the more important combinations and the principles on which they are based:

Milk and Grains is one of the most

important combinations. We have long been accustomed to valuing milk for its vitamin content, for its minerals in general and calcium in particular, and for its balance of easily digested sugar, fat and protein. But valued as it is as a food by itself, it is even better in combination with wheat flour, or better still, whole wheat. Milk, while a complete source of protein if eaten in large enough quantities, is weak in one essential amino-acid, and this is just the one with which the grains, especially wheat, are bountifully supplied. On the other hand, milk is one of the richest sources of the two amino-acids which are weak in wheat and entirely absent from corn meal.

Milk and Eggs. Eggs, like milk, provide some of our best proteins, but the combination of milk and eggs gives a still better balance of the amino-acids than either of these foods alone. Thus science testifies to the nutritional excellence of custards.

Eggs and Corn Meal provide a combination which greatly enhances the value of the corn meal. Eggs are not quite so good for supplementing wheat as is milk.

Gelatin and Wheat. Gelatin, while an incomplete protein if eaten alone, is a good source of the one amino-acid needed to supplement wheat. This makes a good combination from two very economical foods. The combination is easily utilized by serving a gelatin dessert or salad, rather than cake or pastry, with a meal containing bread, macaroni or cereal.

Soy-Bean and Wheat. Soy-beans are a pretty good protein all by themselves, and they are one of the richest known sources of the amino-acid weak in wheat and absent from corn meal. Either wheat or corn flour combined with soy-bean flour makes a greatly superior bread to either flour used straight.

Lean Meat and Wheat is as good a combination as milk and wheat. It is also good combined with corn meal, but owing to the double deficiency of the corn, it is not as effective here as either milk or eggs. Meat, in itself, is a fine source of protein, but it has not the all-around supplementing power of milk and eggs.

Eggs and Beans or Peas is the best combination for these legumes. They are deficient in the same amino-acid as is milk and are combined with eggs for the same reason. Being inferior to milk in other respects, however, they do not combine with wheat as well.

Cheese is similar to milk so far as its protein-combining powers are concerned. Therefore, the popular macaroni and cheese combination is scientifically correct. Cheese and crackers or cheese with pastry desserts are other popular combinations which are sound and take advantage of this economical form of one of our best proteins.

These combinations are offered as guides for serving better health while following, at the same time, economical food budgets. No price is too high to pay for good health, but when economy and better nutrition are both served by the same principles, it is simply old-fashioned stupidity to ignore them. Correct scientific protein combinations should be employed in every physical culture menu.

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The Ladies Can Swing It

(Continued from page 21)

drives. Snead's traveled 310 yards, Patty's 230. Eighty yards is a lot. It spells the difference between the games of top-flight men and women players.

But here's a cheerful thought for most women to remember. The girls are a little too prone to admit they can't keep step, athletically, with the male members of the family. However, the difference really isn't as great as they imagine—not so great that it cannot be slimmed down by intensive practice. A woman who can keep her ball on the fairway, and chip and putt well, can surprise many of the so-called lords of creation.

I was playing a round at the Miami-Biltmore with Frank Walsh, the noted professional, one day last spring when our conversation turned to women players, and then, naturally, to Patty Berg.

"THAT kid," said Walsh, who is a keen student of golf, "plays her shots better than most of the star amateurs and professionals. She knows how to hit every one, and it is very seldom that she makes a bad shot. Patty plays consistently in the seventies—very often the low seventies.

"Of course, she can't beat the top-ranking men—but that is a matter of power rather than anything else. Within the range of that power she hits her shots just as well as they do—and given a handicap of half a dozen strokes, she'll be hard for anybody to beat. And that statement goes almost as much for such girls as Betty Jameson, Dorothy Kirby, Marion Miley and others."

Half a dozen strokes between the best of the men and women golfers! It isn't very much, when you consider the vastly greater difference between the male and female of the golfing species only a few years back. But this fact—and it is a fact, not a theory—has not permeated the minds of the sterner sex.

Now, I'm not intimating that the top-notch woman athlete—whether she be a golfer, tennis player or runner—can match the records of male champions. Nature has not geared her for that. But I do say that in golf women have improved more than men!

Heresy? No, it isn't. And, if you don't believe, let us—as Al Smith used to say—look at the record.

The first women's National championship was played in 1895 at the Meadow Brook Country Club in swanky Westbury, Long Island. There were less than twenty competitors. They came out to play in stiffly starched white shirtwaists, and skirts that rustled across the closely clipped grass tops. Under these garments were corsets and layers of petticoats. Hampered by clothes that were suited for nothing more strenuous than pouring tea, and hampered by inhibitions that made it unladylike to be too athletic, the golf of these women pioneers was slightly pathetic.

If Horace Rawlins, who won the Open championship in the same year, had been compelled to wear the clothing that covered the slim frame of Mrs. C. S. Brown, pioneer women's champion, his score would probably have been twenty strokes higher than the 86 that was good enough to make him top man among the professionals.

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Mrs. Brown used up 132 blows in her gallant effort, and some of the other ladies were well above the two-hundred mark. Still, they had nothing to be ashamed of. The amateur champion, and master of early golf course designers, Charles Blair Macdonald, barely broke 90 in his drive to the top—and he had been born and brought up among the gorse and whins of Scotland.

The efforts of Mrs. Brown and her heroic rivals opened the gates of golf to other women. In 1895 there was a difference, roughly speaking, of from forty to fifty strokes between the men's and women's champions. Now it has been cut to half a dozen or so—and that should be proof enough for anyone that the ladies have improved, proportionately, more than the men!

EVEN the most reactionary of males must admit that, in the face of the evidence. The standard of championship men's golf has improved tremendously from an average of 86 in 1895 to 70 or a shade below for the champions of today. But the ladies have gone down from 132 to 76, or a shade more.

If I were to pick out the half-dozen women who might be most closely compared with the greatest male stars of the links they would be Joyce Wethered, Glenna Collett, Dorothy Campbell, Cecil Leitch, Virginia Van Wie and Patty Berg. These ladies are referred to by their maiden names, since the switch in married ones might cause confusion.

Health, as well as victories, forms more than a slightly interesting phase in the lives of these women. As a child, Virginia Van Wie suffered a spinal injury, and when she took up golf no one expected very much of her. She was unable to pivot as other players did, and because of this, hit with her arms. Experts say that no one can become a long driver that way, but delightful Virginia proved them peddlers of a fallacy. There were very few women of her time who could outdrive her, and she won three National championships.

Miss Van Wie is the perfect example of what stubborn determination in the face of almost impossible odds can accomplish. They said she'd never be a good golfer, and she became one of the best. When she reached the final round of the National for the first time, and was conclusively and humiliatingly beaten by Glenna Collett, 13 and 12,

they added that she would never overcome the inferiority complex generated by such a defeat. But she did that, too.

In short, pretty, amiable Virginia Van Wie found health and reputation and a great measure of personal satisfaction in playing golf. Like Mrs. Hill, she became an inspiration to American womanhood.

It was a little different with Joyce Wethered. She was high strung and nervous. As a young girl, little things upset her. But, if you watched her in tournament golf you wouldn't believe that. She was cool and completely mistress of herself, no matter what happened.

I went around the Sandwich course in England some ten years ago with Bobby Jones, Roger Wethered, the British amateur champion, and Roger's sister, Joyce. Sandwich is cruelly long and murderously trapped. A forty-mile gale whipped in from over the gray sea. Scoring conditions were as difficult as one could imagine.

Joyce is a tall, slim girl. She lacks the brawny physical power of Cecil Leitch, who preceded her as England's best. It almost seemed at times as though the wind would blow her off her feet. But, she wasn't disturbed, and asked no advantages of the men she played with, even though Jones was the greatest golfer of all time, and her brother a champion in his own right.

BOOTH Bob and Roger were noted for their great distance off the tees, but Joyce was seldom more than ten or fifteen yards behind their best efforts. It wasn't that she was pressing. Joyce never did that. She simply put every ounce of her slim young body into perfectly timed shots. But, it wasn't her drives that aroused the admiration of her companions, good as they were. The rest of her game was sheer perfection. Stroke for stroke, she matched them around that tortuous layout. Jones finished with a 70—Miss Wethered a 71, and her brother a 73!

Joyce was the greatest of them all, and in actual play had a power of concentration no man that ever lived could have bettered. Four British, and five English closed, championships testified to that, though Miss Wethered was no cup hunter. She deliberately stayed out of numerous championships, because she could have won them too easily, and did not consider it sporting.

What golf has done for Dorothy Campbell is written large in the record.

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She began to play golf in 1888, at the age of five, and in a career that spans the history of the game in America, Miss Campbell was never ill long enough to keep her out of any of the important tournaments. Now, at fifty-seven, she is erect and buoyant, and still capable of playing an excellent game.

She was, I think, the first woman in history to break 70 when she posted a score of 68 at the Belmont Manor course in Bermuda, a tricky wind-drifted layout that has caused trouble to many good men. Even now, and at an age when competition should be far behind, the lady plays consistently in the low eighties.

MISS CAMPBELL has a masculine competitive sense that is almost without equal. She has a knack of being able to shut out of her mind everything but the mechanics of the shot about to be made. She won both the United States and British championships in 1909. The following year she took the United States and Canadian. Then she went back home, and captured the British title in 1911. After a lapse of fifteen years she again became the American title holder, with tournament victories totalling in the hundreds in between. No man, with the possible exception of Walter Hagen, ever won so many events.

There is another British woman to add to our short list—Miss Cecil Leitch. Miss Leitch is big and brawny, with wide shoulders and large feet. There is something of Cyril Tolley's tremendous smash in the way she hits the ball. But Cecil wasn't just a slugger, though she could out-hit all the women of her time, and a good many of the men. Though not, perhaps, as fine an iron player as Joyce Wethered, or as deadly around the greens as Dorothy Campbell, Cecil was good in those departments, as she had to be.

It was her misfortune that when she was at the peak of her game the first World War began, and golf tournaments were eliminated along with all other non-essentials in the mass murder of the world. If it hadn't been for that Miss Leitch would unquestionably have won many more championships than she did, though her list is by no means unimpressive. She won four British, five French, a Canadian and an English closed championship. In taking the Canadian title in 1921, Cecil scored the most lopsided victory ever recorded in big-time golf, beating Miss McBride, 17 up and 15 to play.

I would add two American women to this list—Glenna Collett and Patty Berg. Glenna had one of the finest of all golf swings. Joyce Wethered beat her a couple of times in England, but Joyce told me she had never played any woman whom she thought was as good as the girl who came from Providence. Glenna won the National championship six times, and was runner-up twice. There has been no important event on this side of the water that she failed to win at one time or another.

She had no distinct weakness in any part of her game. Woods, irons, chipping or putting, she was good at all of them. She became one of the most composed of all people under fire, and I think she learned her greatest lesson from Mary K. Browne. Glenna had already won one National championship before that, but she had not yet learned to face the totally unexpected without it shaking her.

This happened fifteen or sixteen years ago, of a bright September afternoon. The two girls came walking down the lush green fairway of the eighteenth hole at the Rhode Island Country Club. Behind them trailed a gallery of a thousand people or more, because this was the semi-final round of the National women's championship, and Glenna Collett was a member of the club. The other girl was Mary K. Browne, the only woman who ever reached the semi-finals of both tennis and golf championships in the same year.

Miss Collett seemed to have the match pretty well in hand. She was one up, and needed only a half here to win the match. Besides, she had hit a nice straight ball down the middle, while Miss Browne had sliced hers over into the rough—not only into the rough, but almost completely stymied by an apple tree that spread its branches between her and the distant green.

Her case seemed hopeless. It is a man-made fabrication that women are not at their best under fire—that they lack the true competitive instinct. Mary didn't seem to be downcast. She smiled a little grimly and pulled a spoon out of her bag.

The gabble of the gallery stilled. In the silence the click of club head meeting ball sounded as loud as a rifle shot. The ball hooked around the tree, arched high across guarding traps, hit on the green, and ran up to within a couple feet of the cup! It was one of the great shots of golfing history, made under the tightest possible pressure—and it was made by a woman.

GLENNA faced only a niblick pitch to the green, but she had to get her ball close enough to sink the putt in order to get a half there, and win the match. The pressure was too much. She shanked the shot—and they were all even. A happening like that does something to the nerves of anyone but a hardened campaigner, and young Miss Collett wasn't that yet. She lost the match on the extra hole, and nobody was surprised. It taught her a lesson, though. Thereafter she was a better golfer.

I have already mentioned Patty Berg. She is one of the sweetest, best tempered kids in the world. Her round, freckled face is usually smiling—even in the midst of championship matches. Yet, don't let that smile fool you. Patty has a great competitive soul. She's in there trying every minute, and never lets down. She can smile, and break your heart with a miracle shot just when it seems that you have a chance to beat her.

The stocky little girl is a big hitter. Probably no woman was ever a bigger one. But, she is deft and at ease around the greens, too. No one gets down into the low seventies unless she is. Because Patty is still very young, and has achieved so much success already, it is likely that she will set victory records even Glenna and Joyce never dreamed of.

But, after all, top-flight golf, either for men or women, is reserved only for the few. The real story concerns those who will never be contenders for any kind of championship. Even there the improvement has been just as consistent. Today's average woman has a sounder knowledge of fundamentals and a better swing than the stars of the early days—and is a healthier specimen, to boot.

Has My Wife Forgotten Me?

(Continued from page 16)

any child than to grow up with the feeling that he is the only thing in the world his mother cares about—to have such a monopoly of her interest and attention that he comes to feel that she is living only for him. (Actually, she is living on him, as I'll explain in a minute.) For, once having experienced that kind of treatment from his mother, the chances are that the boy will never be really satisfied with any other kind of treatment, all the rest of his life. He is likely to feel that the other people with whom he has to deal—his little friends, his teacher, and later on, his employer and the girl he marries (if he marries at all)—are "perfectly awful" if they do not treat him just the same way, and eventually he will come to hate them and develop an enduring grudge against them. And since in the ordinary course of events he never will meet anyone except his mother who treats him as she does, he'll be lonely, miserable and bitter for the rest of his days.

I'm putting this strongly, because I want you to realize that little Jimmy is in real and serious danger—in fact, in about as serious danger as a child could be. For although she doesn't realize it, his mother is actually teaching him that everything in the world is rightfully his, and that he need never think of anybody's rights or feelings except his own.

Try by every kind and sympathetic means you can find to get your wife to see what she is doing. If she will not listen to you, get her to read some good, modern book on child psychology, or consult a child psychologist. And if none of these attempts works, then do anything that may prove necessary—for Jimmy's sake—to end the situation. For as you say, you are as much responsible for him as she is, and he needs you every bit as much as he does her. Every child needs both his parents, but your son needs you particularly—even desperately—right now, and you must not fail him. Success to your efforts!

DEAR PSYCHOLOGIST: My husband and I are wondering what to do about a change that seems suddenly to have come over our fifteen-year-old son. Until a few months ago he had always been as modest and unassuming as anyone could ask, but he has now become almost ridiculously conceited and boastful.

I think it all started with a local newspaper speaking of him as the "star" of the school basketball team last winter. He talked endlessly about the article and how "good" the other boys had to admit that he was. Then when summer came, he switched to swimming, and now just about monopolizes conversation at the dinner table telling of the new strokes he has learned or of the races he wins or expects to win. We have scolded him and even made fun of him, but it seems to make no difference—he talks and boasts all the harder. We can't bear to think of his growing up this way, but what can we do to stop him?

ANONYMOUS

I WONDER if you have ever realized that what we know as conceit and boastfulness always have the same cause; and that cause, strange as it

may appear, is lack of confidence in oneself. That is why these most unpleasant qualities (to other people) are so especially characteristic of the age at which your son now is. It is in the middle of late 'teens that a boy begins to realize how big the grown-up world is, how much it is going to expect of him when he has to face it all by himself, and how poorly qualified he is to meet its expectations.

Sometimes this realization results in a painful shyness and a tendency on the young person's part to withdraw into himself as much as possible; but more than often (and in general, with the more vigorous, healthy-minded type) the trend is toward the other extreme.

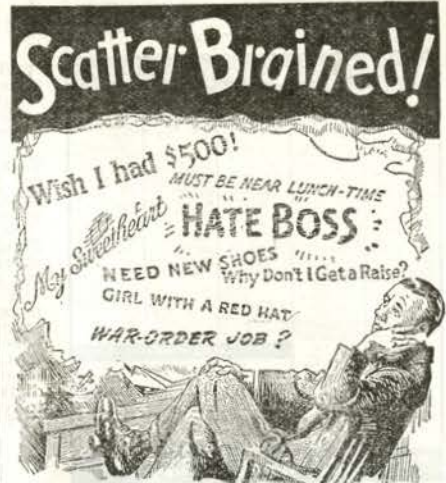
In order to bolster up his shrinking confidence in himself, the average boy (and a girl may do the same thing) seizes every opportunity to remind himself of what a clever and successful person he is; and he seeks to reassure himself still further by compelling other people—and especially his family—to admit it also. So whatever you do, the first thing you must remember is that when your son starts boasting, he is really (though he may not know it) whistling to keep up his courage, and that he as gets more courage, he will have proportionately less desire or need to whistle.

Meanwhile, I'm afraid you have been trying to cure his conceit in ways that have the opposite effect because they stir up the very feelings against which conceit seems to him to be his only defense. For by scolding him or making fun of him you are weakening his confidence in himself still further, and the more this happens, the more he will have to keep on trying to prove to you—and of course, to himself also—what a wonderful person he is.

In fact, as I have already hinted, you have reason to be thankful that he has reacted to his self-doubt as he has instead of in some way that would be in the long run far more harmful. For not only is conceit much easier to "outgrow" than shyness, but it is more helpful in encouraging a child to make the new adjustment to the world that he will have to make within the next few years. Strictly speaking, it's just as neurotic to persuade yourself you "can't lose" as to feel you "can't win," but unless he gets bumped too hard, the boy with the former feeling will accomplish something worth while, and the one who is licked before he starts will accomplish nothing.

Suppose, then, that instead of scolding the boy, you tell him you realize that a young man has to have a lot of confidence in himself to deal with the problems he has to face, and so do not blame him for trying to keep his chin up. But say also that he doesn't have to waste time trying to convince you and his father that he can amount to something, because you know that already.

This plan may be all the more necessary because I dare say that in your efforts to keep him "modest," you have given him the feeling that you don't have much of an opinion of him. Then, when he starts boasting, do not scold or ridicule him, but try quietly to keep him from exaggerating by making him stick to the facts and claim no more credit than he has honestly earned.



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Asparagus, Beans, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Corn, Eggplant, Green Beans, Kale, Lima Beans, Lentils, Mashed Potatoes, Peas, Potatoes, Spinach, Sweet Potatoes, Turnips, Zucchini	Barley, Bran, Buckwheat, Corn, Oats, Rice, Rye, Speltz, Wheat, Wild Rice	Apples, Apricots, Avocado, Bananas, Blackberries, Blueberries, Cantaloupes, Cherries, Citrus Fruits, Dates, Figs, Grapes, Kiwis, Lemons, Limes, Mangoes, Melons, Nectarines, Oranges, Peaches, Pears, Pineapples, Plums, Raspberries, Strawberries, Tangerines, Watermelons	Butter, Eggs, Milk, Cheese, Cream, Yogurt	Butter, Eggs, Milk, Cheese, Cream, Yogurt	Butter, Eggs, Milk, Cheese, Cream, Yogurt
Other sources: Liver, Kidney, Heart, Pancreas, Spleen, Thymus, Adipose Tissue	Other sources: Yeast, Malt, Molasses, Brewer's Spent Grain	Other sources: Leafy Green Vegetables, Citrus Fruits, Berries, Nuts, Seeds	Other sources: Liver, Kidney, Heart, Pancreas, Spleen, Thymus, Adipose Tissue	Other sources: Liver, Kidney, Heart, Pancreas, Spleen, Thymus, Adipose Tissue	Other sources: Liver, Kidney, Heart, Pancreas, Spleen, Thymus, Adipose Tissue

Get Your Vitamins in Foods

TODAY, America mobilizes for health. Now as never before have you as an American had greater need for good health. Leading nutritionists say that sensible eating, the right selection of high-vitamin foods is the foremost factor in health maintenance and preservation. Good health and vitality are also the keystone to personal magnetism, charm and beauty too.

Today, MORE vitamins is America's need to speed abounding health! Fortunately Nature has made it possible to obtain an abundance of health-giving vitamin foods. To know what foods contain these vitamins is easy. PHYSICAL CULTURE MAGAZINE has prepared for you a simple, ready-reference VITAMIN FOOD CHART and THE TEN COMMANDMENTS OF COOKING Booklet that tells you exactly how to prepare these foods so that all of their vitamin content is retained. For further details see Page 3 of this Magazine.

Below are listed dealers who are qualified and recommended members of the National Health Foods Association, pledged to supply your needs with natural high-vitamin foods of highest quality at reasonable prices. They merit your patronage for the natural vitamin foods advertised in our columns.

It is PHYSICAL CULTURE'S policy to make its advertising pages reliable and every product must meet a rigid standard of acceptance. For your own protection we recommend that you base your selection of natural foods on their approval by PHYSICAL CULTURE.

Look for the store nearest to you. If none is within shopping distance for you to trade in person, write to the dealer nearest to you for catalog and price list, kindly mention PHYSICAL CULTURE.

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Burbank Health Store, 144 W. San Fernando Blvd., Burbank
Dane's Health Foods, 1219 Van Ness Ave., Fresno
Monterey Health Food Center, 146 Bonifacer Place, Monterey
House of Better Living, 1207 W. 6th St., Los Angeles
Joins Grain Mill, 322 South Hill St., Los Angeles
Sanford's Cafeteria, 720 S. Hill St., Los Angeles
Modern Herb Center, 1334 F St., San Diego
Rosenberg's Original Health Foods Store, San Diego
1120 Market St.
California Health Food Service, 1014 Market St., San Francisco
Santa Monica Health Food Co., 325 Wilshire Blvd., Santa Monica

COLORADO
Colorado Sanitarium Food Co., 433 14th St., Denver
Nature Way Food Store, 423-15th St., Denver

CONNECTICUT
Nature Food Centres, Inc., 943 Main St., Bridgeport
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Nature Food Centres, Inc., 641 Main St., Hartford
Nature Food Centres, Inc., 33 Church St., New Haven

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Portland Health Food Store, 1132 14th St., N. W., Washington

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The Vita Health Food Co., 619 12th St., N. W., Washington
The Vita Health Food Co., 1228 H St., N. W., Washington

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Health Food Shop, 227 W. Adams St., Jacksonville
Health Food Shop, 12 S. E. First St., Miami
Van Dyke Health Products, 125 Seybold Arcade, Miami
Vitamin Food Shop, 23 So. Court St., Orlando
Chamberlin Natural Food, 18 East Church St., Orlando
Health Food Store, City Market, Tampa

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Health Food Shop, 141-149 Peachtree St., Atlanta
Rosendahl's, Auburn & Pryor Sts., Atlanta

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H. H. Hostettler Health Food Center, 824 12 Ave., S., Nampa

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Chicago Health Food Center, Inc., 30 N. Dearborn St., Chicago
Dahl Health Food Products, 4344 N. Western Ave., Chicago
The Diet Pantry, 30 E. Randolph St., Chicago
Eaton's Health Foods, Inc., 28 E. Van Buren St., Chicago
George Eckhardt, 1124 W. 31st St., Chicago
Heinrichson's Health Food Store, 3455 W. Lawrence St., Chicago
Kramer's Health Food Shop, 56 E. Randolph St., Chicago
Logan Diet Foods, 2206 Milwaukee Ave., Chicago
Maxwell Health Food Center, 404 S. Wabash Ave., Chicago
Morton's Vital Foods, 19 N. Dearborn St., Chicago
National Health Food Store, 416 1/2 W. North Ave., Chicago
Polson's Health Foods, 1106 Leland Ave., Chicago
The Health Food Shop, 56 West Van Buren St., Joliet
Natural Food Shop, 136 South Madison St., Peoria
Peoria Health Food Center, 127 N. Jefferson Ave., Peoria

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Keene Prescription and Health Food Center, Meridian & Ohio St., Indianapolis

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Augusta T. Tuecks, 1209 Brady St., Davenport
Campbell's Health Foods, 521 Grand Ave., Des Moines
Health-Way Food Store, 2300 West University Ave., Des Moines

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E. Thayer Ward, Health Food Dept., Wichita
Rohrbaugh-Buck Dry Goods Co., Wichita

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Cooperative Cupboard, 464 Stuart St., Boston
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Nature Food Centres, Inc., 96 Tremont St., Boston
Nature Food Centres, Inc., 209 Tremont St., Boston
Health Products Center, 85 Bedford St., Boston
Clare Wall, Inc., 284 Newbury St., Boston
Arthur L. Wallace, 465 Park Drive, Boston
Modern Health Shoppe, 1350 Beacon St., Brookline
Nature Food Centres, Inc., 674 Massachusetts Ave., Cambridge

THE HEALTH SHOPPE, 171 N. Main St., Fall River
Nature Way Store, 58 Main St., Gloucester
Health Products Center, 550 Newport Road, Kennerma
Nature Food Centres, Inc., 201 Union St., Lynn
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Nature Food Centres, Inc., 152 Paige St., Lowell
Malden Health Shop, 48 Main St., Malden
R. Allen Purdy, 6 Exchange St., Malden
Lucy's Health Store, 163 William St., New Bedford
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Nature Food Centres, Inc., 669 Main St., Worcester
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Elizabeth Monaghan's Whole Wheat Cottage, 7630 2nd Blvd., Detroit
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Health Supreme, 10910 Gratiot St., Detroit
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Martin's Health Food Store, 1041 Eastlawn, Detroit
Edward Neumann, 25 East Grand River, Detroit
Old Dan's Cafe Madrid, 153 Michigan Ave., Detroit
Poco's Health Foods, 24 Broadway Market, Detroit
Poco's Health Foods, 9979 Gratiot, Detroit
Edwin Stuyver, Wholewheat Bakery, 13000 Grand River Ave., Detroit
Frank's Health Shop, 421 Harrison St., Flint
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Pavo's Foods, 12 S. 8th St., Minneapolis
Cayol Food Center, 816 La Salle St., Minneapolis
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Akin Natural Foods, Inc., 722 S. Boulder St., Tulsa

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Lackwood Health Stores, 418 Wood St., Pittsburgh
Raw Vegetable Juice Products, 1343 Penn Ave., Pittsburgh
R. F. Natural Foods, 1-B N. Ninth St., Reading
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Edward Haupt Health Foods, 241 W. Spruce St., Shamokin
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APOLLO HEALTH STORE, 172 E. Cottage Place, York

RHODE ISLAND
Nature Food Centres, Inc., 211 Main St., Pawtucket
Nature Food Centres, Inc., 94-96 Washington St., Providence

THE HEALTH SHOPPE, 96 Dorrance St., Providence

SOUTH DAKOTA
Health Food Shop, 119 West 3rd St., Huron

TENNESSEE
Natural Foods National Inc., 306 West Church Ave., Knoxville

TEXAS
Health Food Center, 214 N. St. Paul St., Dallas
Health Food Emporium, 101 Fannin St., Houston
Sunshine Health Food Store, 3704 Main St., Houston
Vitek Health Foods, 3216 S. Main St., Houston
Casteel Health Institute, 110 E. Travis St., San Antonio
Health Food Service, 114 E. Jefferson St., San Antonio
Perjion Health Food Shoppe, 1328 Broadway, San Antonio
Pure Food & Health Store, Inc., 1225 S. Press St., San Antonio

VIRGINIA
Health Food Center, 1012 King St., Alexandria

WASHINGTON
Merrett's Health Food Shop, 312 W. Champion St., Bellingham
Brewster's Health House, 1621 Third Ave., Seattle
Dr. McCormick's Natural Foods Co., 1918 Third Ave., Seattle
Western Natural Foods Co., 1606 First Ave., Seattle
Thomson's Health Foods, Crystal Palace Market, Tacoma
Beem's Natural Food Co., 16 N. 4th St., Yakima

WISCONSIN
Gordon's Natural Foods, 614 59th St., Kenosha
Health Food Studio, 2631 N. 5th Ave., Milwaukee
Maxwellian Co-operative Club, Inc., 2030 W. Wells St., Milwaukee

NATURAL FOOD DININ' ROOM, 2711 W. Wells St., Milwaukee

HAWAII
Honolulu Health Food Store, 925 Fort St., Honolulu
Tasaka Sani Health Foods, Paia Maui, Hawaii

ENGLAND
The Midland Health Institute, 8 Elm Ave. & Mansfield Rd., Nottingham

Three-Star Career Girl

(Continued from page 31)

spectator gardener—and she would probably take almost as much pride in sore knees and blistered hands as in tulips or late-blooming marigolds!

In short, Miss Chase is just like every other woman who keeps busy and beautiful: She has a few calisthenics up her sleeve. Here's one of her favorites: Lie on the back on the floor with your "fanny" up against the wall. Place the hands under the hips for assistance and "walk" the wall until the legs are stretched to their limit and the feet are even. Now, keeping the legs together and perfectly straight, try to lower the legs overhead to the floor beyond. After touching toes to floor, hoist yourself back into the legs-up-the-wall position, and climb down. Rest for a moment, and go through it again. Continue for ten times. That's no exercise for anyone who is out of condition! But if you are equal to it—we have the word of a woman with a really lovely figure—it amounts to a whole kit of calisthenics!

As the routine of this busiest woman on Broadway suggests, it is not how much time you spend on your looks, but how well you spend it and how often. With that thought in mind, many a career woman could start an evolution that would ultimately establish her as a beauty!

"There, Little Girl, Don't Cry!"

According to tall and striking-looking Vyvyan Donner, whose weekly fashion reels for Twentieth Century-Fox and Technicolor Fashion Forecasts are eagerly awaited by millions of women, the *short girl* should "think tall," if she wants to be distinctive as well as charming in her appearance.

"Short girls have somewhat of a problem in dressing," she explains, "but if they are clever, they can give the illusion of being from two to three inches taller than they actually are. In the first place, as they walk, they can hold the thought, 'I am tall,' in the back of their minds. With such an ideal they will subconsciously pull in their diaphragms and their derrieres, lift up their shoulders and chins and practically float along.

"Secondly," she continued with a twinkle, "I tell my *short* models that it's twice as important for them to be absolutely relaxed as it is for their taller sisters. They must never fuss or fidget with their hands or their hair because one naturally thinks of the tall, self-possessed girl as the one with poise and elegance, so the half-pint size must be twice as dignified to add up."

Shadow and Substance

According to Grant Wood, well-known landscape and portrait artist, amplitude is an *essential* to the ideal feminine form. In his opinion, the serpentine, streamlined figure of today wouldn't have rated a farthing with such painters as Titian or Michelangelo or the unknown sculptor of the Venus De Milo. To which bold statement charming one-hundred-and-twenty-pound Alice Faye, who plays the role of one-hundred-and-fifty-pound, "airy, fairy" Lillian Russell, replies:

(Continued on page 69)

NEW, GOOD-LOOKING Elastic Stockings

Two-way stretch—cool—not conspicuous—they bring you welcome relief

Here's news for all who suffer from surface Varicose Veins for which a doctor has prescribed Elastic Stockings. Now there's no more need to wear hot, bulky, old-fashioned hose. New Bauer & Black Elastic Stockings are cool, comfortable and not conspicuous.

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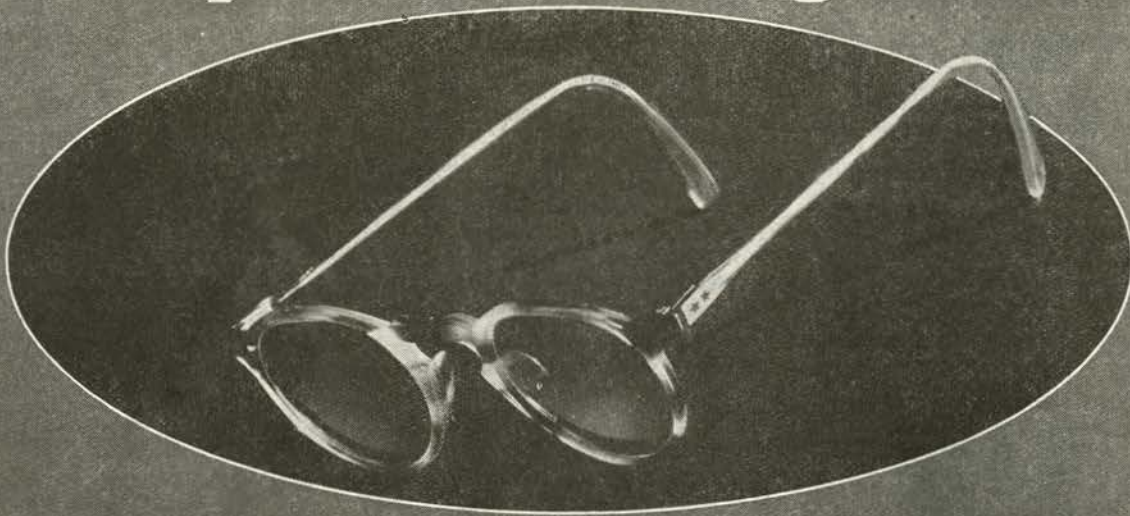
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An Important Message To You



About Eye-Glasses

SHORTLY after Bernarr Macfadden published his first issue of **PHYSICAL CULTURE MAGAZINE** he decided to write his first health book. He promptly gave the book a name, made an outline of its contents, and inserted an advertisement in his magazine.

His plan was well formulated. Six weeks would elapse before the magazine reached the newsstands. In those six weeks he would write the book, and by the time the orders began to come in he would have the books ready for delivery.

But like the best laid plans, something happened to this one. One thing after another intervened, until one morning, Bernarr Macfadden found his desk swamped with orders for the book which he had not even started to write!

He began working on the book day and night, like a madman. Years later he wrote of this trying experience: "I remember the night I laid down my pen, after completing the last proofs of this book. I went to bed with an inordinate sense of relief. But when I awoke the next morning I noticed that everything looked curiously dim. On the way to the office I bought a newspaper, but when I looked at the printed page I could see nothing but a lot of black smudges. It came upon me with a shock that I was nearly blind!

"Instead of going to the office I went back to my room and thought over the situation carefully. For years I had been burning the candle at both ends. Now I was paying the

penalty for the mistakes that I had made. The thought of wearing glasses was intolerable. The possibility of going blind tortured me."

So always willing to back up his theories by experimenting upon himself, Bernarr Macfadden immediately started in upon a course of natural treatments that he fully believed would help him.

He felt that he knew what was wrong. He

glasses, but feel that your eyes are failing, then find out how vision may be strengthened without the use of glasses.

Don't take chances with your eyes . . . and with your future. Your eye-sight is one of your most important faculties. And since no amount of money could make you sacrifice your eyes, you owe it to yourself at least to investigate the Bernarr Macfadden system of eye-training.

From This Unique Book

The methods suggested herein are not only practical, they are scientific and have been proved capable of so strengthening the eyes that "eye crutches" as I have learned to call eye-glasses, will in very many cases not be needed.

Bernarr Macfadden

believed that the principles which he advocated were fundamental; that they were of the constitution and that as the disorders of the stomach could be corrected, so could the disorders of the eyes.

The results of Bernarr Macfadden's experiment on himself were so entirely satisfactory that he associated himself with a great eye specialist of the day and together they entered upon a period of research and experiment covering many years.

The essence of their findings is contained in Mr. Macfadden's great book, *Strengthening the Eyes*. Here, in plain, simple language the author describes a series of corrective eye-exercises. If you already wear glasses, find out for yourself, how this treatment may be beneficial to you and how you may possibly spare yourself the agony of wearing glasses. If you do not wear

"Discards Glasses"

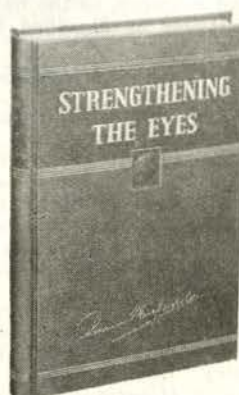
Here is a woman who writes: "After following the instructions in *Strengthening the Eyes*, I have discarded my glasses and read more now without them than I could with them." Another lady writes: "I must confess that it was with very little faith that I followed your instructions and began daily routines of eye exercises. But to my surprise I soon noticed improvement. Greatly encouraged, I went ahead with it, until one day I discovered I could lay off my glasses for good. It was the happiest moment of my life."

These inspiring results bring a message of hope to many who are troubled with weak eyes or poor sight.

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Over 80,000 Copies Sold



(Continued from page 67)

"Girls are too slender today. I think that present-day women have lost a large share of their femininity, the kind of femininity that Lillian Russell referred to as the power to make or unmake men!"

Your Gloves, Madame!

Washable gloves are the most economical you can buy but you mustn't attempt to launder one that is not marked *washable* nor that has been previously dry-cleaned. Doeskin and chamois gloves should be washed off the hands, rinsed in clear, cool water (at least twice) and given a final bath in fresh light soapsuds. To get rid of excess moisture, roll gloves in a turkish towel, starting with the fingertips; knead out as much water as you can, then blow into them to puff the fingers into shape, and dry away from heat of any kind. While the gloves are still slightly damp, work the leather between your fingers to restore its softness and suppleness. Remember that frequent brisk washing will be much easier on your gloves, my lady, than occasional, prolonged scrubbing, and soapsuds—in some mysterious manner—restore their original sleek pliancy.

According to Ruth Hamilton Kerr, style analyst of the Calf Tanners' Association, fall gloves will be keyed to match either your shoes, your handbag, your hat, your necklace or—believe it or not!—your lipstick!

There will be presented four charming *cosmetic* colors—mauve, strawberry, geranium and cardinal—for those with a yen to harmonize their flower-fresh faces with vibrant, warm-hued shades in gloves. And, in addition, there will be two subtle shades—olive and bronze—and two bright colors—peacock and mustard gold—for the girls who like a more sophisticated effect or a sharp, clear note of contrast between their gloves and their costumes.

Potpourri of Grooming Hints

Emile, one of New York's smartest hairdressers, declares that soft waves lend a charm and femininity to the countenance that is infinitely more flattering than stiff curls. His method is to set the hair in ringlets and then, when it is dry, to brush it into soft waves that will conform to the features and the ensemble for which it is designed. Mr. Emile believes that a modified version of yesterday's pompadour or the up-in-front and down-in-back hairdress will be popular for late summer and early fall wear. Editorially, we have always held to the theory that one should put his or her best foot forward. We find now that women are interpreting this to mean thrusting their big toes forward—in other words, right out from the tips of their toeless slippers—and it is far from being a pretty sight! Toes should peer coyly through the tips of one's shoes and should never be allowed to push their biggest members quite arrogantly ahead of the others—in too many instances, practically on the sidewalk! In ten minutes of interesting conversation with Ern Westmore, the great glorifier of American womanhood, I learned that foundation cream is not merely a protection for the skin but, when properly applied, will play up good features and minimize bad ones. For example, one should use a *light* foundation cream on the regions of the

(Continued on page 71)

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PHYSICAL CULTURE MAGAZINE
For Health and Better Living

(Continued from page 69)

face where fullness is desired, and a darker shade where size or a blemish needs to be toned down or camouflaged. Make-up, according to this expert, should not be selected to match the eyes (with the exception of eye-shadow) or the shade of one's costume, but rather to blend with the natural color of the skin, the rule holding good whether one be either twenty or fifty years "young."

Fashion Gossip

A young business woman tells me that she has the following four sets of accessories in readiness for the smart, basic, black dress she is planning to buy in September. "With them I expect to ring in four apparent changes of costume," she remarks happily (as well she might). Her "picture-changers" consist of: (a) sets of bright-colored buttons—sometimes flower buttons or animals or different figures; (b) a belt and scarf of the same color (turquoise or jade are lovely for this contrasting effect; (c) lingerie neckwear for the days when her neatly-tailored face needs to be softened or pampered a little; and (d) a rather elegant beaded set with pockets for the times when she expects to go to a "tea for two" or an informal dinner, directly from the office. • The exquisite yellow-pink of azalea blossoms, rich deep blues, a bold new turquoise, the clearest, freshest green you have ever feasted your eyes upon, a brown that is a cross between bronze and sepia, and the grayed-white of old stone jars are the most noticeable colors of the recent Persian Exhibit. • Other fashion influences are: the high, draped turban, the long, tight-fitting, coated tunic, and—believe it or not!—the slim, tapered trousers that Scheherazade might have worn! • Writing paper taken from five famous Spode patterns—Chelsea Gardens Blue, Gainsborough Green, Famille Rose, Indian Tree Taupe and Ann Hathaway White—will delight your artistic nature and make correspondence a streamlined privilege rather than a duty! The writing surface of this elegant new stationery is as smooth as porcelain. In fact, its whole appearance carries a nostalgic suggestion of the sun-lit Morning Room at Manderley.

Maybe It's Your Glands

(Continued from page 15)

Margaret does—though they have the same upbringing? Susan blames herself for it. She tells herself she is a bad girl; that she must acquire a different viewpoint, and learn to control herself, and put a guard on her tongue, and hold herself in line by main force, so to speak. She wonders how it happens that Margaret finds it so easy to be even-tempered and sweet and stable and always the same.

No matter that one is feeling rotten, and has a headache, and feet that feel like lead, and that one has little energy Monday and too much on Tuesday; it's all mental, she tells herself. And her family probably agrees with her. Susan just hasn't a very good disposition, they will tell you. Even as a baby she always raised twice as much Cain as any other baby—and there was always something the matter with her. As a child she never got along with other children.

Just an all-around misfit—that's Susan.

But is it? Has anybody ever given the physical Susan a good going over—other than the spankings by which her mother tried to make her see the light when she was small enough for that sort of thing?

Susan tries religion and psychoanalysis and this and that. She clings to the notion that such a mental condition as hers can be dealt with apart from its organic background, that she can leave her body out of the picture and concentrate on that unruly mind of hers. She should note the fact that, as one noted psychiatrist has put it, "only in Wonderland can we find the grin without the cat."

What ails Susan, or any other glandular case, is simply that she is drugged with powerful hormonal chemicals, or is getting them in the wrong proportion—too little of this, too much of that.

Previews

Here is a last-minute summer accessory that solves a difficult packing problem. It is a sun-hat with a 20-inch brim which can be folded to a 9½-inch disc to tuck conveniently into your suitcase or beach bag. This little pet is fashioned of cotton in a variety of patterns ranging from plaids, polka dots, nautical designs, to solid colors. The strap fits snugly under the chin and gives the big brim a nice, becoming swoop. Price: less than a dollar.

If you've been dissatisfied with harsh or slow-acting hair removers, here is a cream depilatory you'll like. It is both mild and quick to use—three minutes does the trick, leaving the hair-free skin soft, smooth and satiny.

Those of you who "set" your hair yourselves will like this new quick-drying wave lotion. It has a toning effect on your scalp, leaves no flaky deposits, and gives your hair a healthy, gleaming, well-behaved pliancy.

Now—at last—you can carry your mascara in a dainty compact that is smartly usable anywhere. Only one and a half inches square, this vanity contains a generous waterproof mascara block, and an ingenious little brush with a folding handle.

Here's a tried-and-true anti-perispirant that stays smooth and creamy to the last dab. It isn't greasy, won't stain your clothing, and the ingredients are so well balanced that it may be used safely even on sensitive skins.

Happy, airy, romantic, is this newest of colognes—a bright and sprightly fragrance that will keep you fresh and sweet all summer long. Best yet, the price is low, the quality high.

Two important new lipstick shades have just made their bow—one a glowing, tingling red which makes an exciting contrast with prints and delicate pastels; the other, a delicate, subtle pink with sunset undertones, to harmonize with smoldering blues, greens, rusts and yellows.

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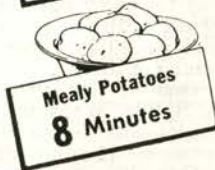
Yes, foods not only taste delicious, but ... they look so appetizing, when you cook them in a Flex-Seal!

You'll probably find, as many mothers do, that the children actually enjoy and want more of the vegetables they require, if cooked this new and fascinating way.

And how about meats? ... amazing as it may seem, cheaper cuts, which often contain more nourishment, become so juicy and tender you can cut them with a fork, when prepared in a Flex-Seal.

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To ask her mind to correct itself while brain and nerves are drugged with a cock-eyed hormonal set-up is equivalent to asking her to behave normally after she had had five dry Martinis on an empty stomach. That sort of thing changes the personality.

Jimmy Benson is another of our clinical exhibits. Jimmy is "backward" in school. Last month he got P in deportment, and P in arithmetic. And P doesn't mean "perfect." He also got M in spelling and just a shade higher in reading. Jimmy's parents don't go for having a child of theirs Medium in anything or Poor in anything, and so—when Jimmy brings home his report card, they go for him. Dad storms; Mother warns, "Now Henry, keep your temper. Maybe next month Jimmy will get down to work, and study hard and do better—won't you, Jimmy?"

JIMMY nods miserably. How could a sick, small boy possibly put in words what ails him? All he asks now is to get away from this nagging by grown-ups who just don't understand.

What ails Jimmy? Possibly that breeder of apathy, an underfunctioning thyroid—hypothyroidism! The thyroid governs brain functions. Thyroid secretion, aided by Vitamin B, is instrumental in the maturing of the brain cells and mental processes. Maybe Jimmy's thyroid went on a strike after that attack of mumps or scarlet fever. Maybe it is protesting against some vital lack in Jimmy's diet. Maybe his parents passed it on to him before he was born.

Anyhow, Jimmy's teacher may tell you that Jimmy has a low intelligence quotient, that he is lazy and often stupid, that he doesn't seem interested in much of anything—and that maybe his parents ought to try a session out in the woodshed.

The trouble with such cases is that they are not bad enough to be recognized by the ordinary doctor as hypothyroidism. If Jimmy's parents continue to follow the wrong scent, and to force Jimmy to be bright and energetic, they will wind up by making a nervous wreck of him.

Thousands go through life crippled by these ghastly mistakes. I know an old woman who has gone through life a neurotic apparently because her father, himself a brilliant scholar, was set on casting her in his mold. He taught her Latin till she screamed when she saw him coming, and till the family doctor, who knew a subnormal child when he saw one—though in that day he knew nothing of glands—intervened with the warning that the little girl would lose her mind if the discipline continued.

One of Jimmy Benson's playmates is Sylvia Webster. Sylvia isn't lethargic; she is so high-strung that it seems as if something must snap. Or rather she was. She is better now. Her parents took her to some one who knew the ropes. Sylvia was suffering from calcium deficiency—which is the father and mother of Nervousness with a big N. Why? Her parathyroids were not on the job. These are two small glands embedded in the thyroid. They are little, but oh my! Sleeplessness at night and restlessness by day; sensitivity to changes of environment, noises, temperature, and so on. With such a child, sow a criticism and you reap a tantrum. Administer a spanking, and you all but get a convulsion.

Harold Long is well named. His legs reach the earth and then seem to keep on going. Harold, at eighteen, seems

somehow to have delayed his departure from childhood. He doesn't widen out. He has a slender thorax and a narrow trunk; his face is small and narrow; his face gives no promise of a beard; his arms and legs have a rounded, delicate contour; his skin is velvety; and a physical examination would probably show small genitals.

Harold's mental processes are also inadequate. He is childish, obstinate, self-centered, imitative, and in general unfit for mature activities. What ails Harold is that his thymus gland, useful in a child but a bad actor in an adult, has not done the disappearing act which is prescribed for thymuses when people grow up. His thymus lingers. It keeps him from maturing. In such cases, irradiation of the thymus to encourage it to pipe down, often has an effect nothing short of amazing.

One of the commonest things that

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Despite these safeguards, there are people bold enough to deliberately copy stories from other publications and submit them as their own.

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ails perhaps the majority of any group of more or less ailing people that you might pick up off the street and bring into a hall to be lectured to about their health is the *hypothyroidism* which so wrecked the school grades of Jimmy Benson.

Describe the typical symptoms, and a lot of people would say, "That's me. How did you guess it? I'm sensitive to cold; I can't get started in the morning; I haven't any pep"—and so on and so on.

According to the late Dr. Charles H. Mayo, most of these people are likely to be hypothyroid cases, but their symptoms are not sufficiently well-defined for the average doctor to suspect it, and to settle the matter by a test of the basal metabolism.

Here is a matter of tremendous importance to a tremendous number of persons. Says Dr. Mayo in a medical paper entitled "Thyroid Deficiency; a Commonly Unrecognized Disorder":

"The metabolic rate of many people is on the minus side of normal. Some people are used to getting along with a low metabolic rate; they are slower in reactions, slower in speech, unless stimulated. They are always watching the radiators in their houses, and can tell if there is one degree of change in environmental temperature. They are likely to wear shawls and sweaters. They can tell if some one has left a door or window open, but because they have not the manifest . . . [symptoms of hypothyroidism . . .] they are seldom sent to have a metabolic test.

"It must be remembered that those who have had this condition for a number of years will complain bitterly at anything which will cause expansion

of their long contracted arterioles and capillaries, and at first they will think it is not worth while to make an effort to bring their circulation up to normal. However, if they can be kept under treatment for a few months they will take the responsibility themselves of seeing to it that everything possible is done in treatment.

"I became interested in this subject years ago, and in all that time I have learned of no single abnormal condition, that is not a cause of death, from which the patient may receive so much benefit as the discovery that his thyroid gland is deficient in function and can be brought up to normal quickly and held there by taking thyroid daily. . . . Most people who have become temporarily incapacitated by infections which from time to time are thrown into the bloodstream, and which are carried in chronic foci, such as infected tonsils, dental root abscesses, tissues affected by pyorrhea, and painlessly infected prostate glands or uterine cervixes, would be found to have temperatures 1 and 2 degrees below normal, if their temperatures were taken between 2 and 6 A. M. It is at such times that danger comes from their chronic infections without their knowing of any opportunity for their development. A normal amount of thyroxin in the tissues is of especial advantage to such people."

To this illuminating passage should be added the emphatic caution that thyroxin is so powerful that no layman should attempt its use without medical guidance. Self-medication with thyroxin is *extremely dangerous*. Go play with some dynamite. It's safer.

There is, however, another sort of self-medication for normalizing the glands which is perfectly all right—to wit, sound nutrition, the right amount and kind of exercise, fresh air, baths, thorough elimination, a quiet mind, and all the other ingredients of right living. By such expedients it is often possible to cure a glandular case that has not gone too far. If it has, then the hormones help.

NOW let's look at a super-charged, high-g geared, high-powered case of hyperthyroidism—the sort of thing you might get if you should fool around with thyroxin on your own. Hyperthyroidism, in which the thyroid hits a hundred-mile clip, puts a lot of people in mental hospitals. A good swinging case of it is probably as near to pure hell as anything likely to happen to the average mortal—before he dies, anyway.

I got some first-hand testimony about it the other day from a woman who had just been cured of it by a endocrinologist who knew his stuff. Let's call her Margaret Speed—for Speed was both her middle and her last name. She was one of those people who are always on their toes. It would have given you the jitters to watch her. Her eyes had a peculiar brightness; so did her manner. You wondered if she hadn't had a shot of something. She had! Thyroid! And she made it herself. She would tell you she "felt fine." In fact, what she needed was some four-wheel brakes.

At last she began to break. Symptoms: tremor, excessive perspiration, especially of the hands and feet; headaches, insomnia; muscular tension; palpitation; shortness of breath made worse by exertion or excitement; flushing of the skin and neck in moments of excitement; intractable diarrhea; and emaciation and under-weight com-

bined with a voracious appetite. Try as she might she couldn't put on the curves a lady was entitled to.

Those were the physical symptoms. Her neurotic symptoms included a growing crankiness; emotional instability; inferiority feelings; combativeness; a tendency to be easily startled, excited, or angered, or brought to tears; subjective anxiety—and so on. And, along with all that, went great mental brilliance.

It could have started with an acute infection, or with severe and prolonged physical strain, or with emotional strain, or with malnutrition. In her case it was probably from overwork. She was headed, at any rate, toward manic depressive insanity. She didn't have a goiter, but many of these cases do. In her case a skilled use of hormones, combined with rest and a sound regimen, gradually brought her back to normal. She has learned her lesson. She says she is going to be a good girl now and not do it again. We shall see. The habit of burning the candle at both ends, just for the pretty light it gives, is sometimes hard to get over.

HYPOGONADISM and hypergonadism are under-activity and over-activity of gonads (sex glands).

Hypergonadism often presents a problem for parents who have children that become unruly because their sex glands are over-active.

The erratic behavior of adolescents is often due to something that might be described as a temporary hypergonadism, which is part of the awakening of sex. But in some cases it is not temporary. Consider, for instance, the case of Mr. and Mrs. Jones:

The Joneses were childless. So they adopted a baby. They picked one that looked like a winner. He was precocious and bright. In fact, it was a pity that they didn't know enough about glands to realize that there is such a thing, in a young child, as too much precocity and too much brightness. As the youngster grew up he developed a very early sexual maturity; he became a "problem child;" his sexual proclivities made him an undesirable companion for other children of his age. In other words, he was a case of hypergonadism.

The reason in the case of this boy turned out to be a tumor in the cortex of one of the adrenal glands. The overstimulated adrenals stimulated the sex glands, because the gonads and the adrenals are intimately related. Removal of the tumor cured the boy. If something hadn't been done he might have wound up in sex perversions and other abnormalities. In time the overstimulated gonads would have lapsed into exhaustion—followed by depression, melancholy, seclusiveness, and perhaps a true psychosis. Skilled treatment restored to that boy the personality nature had intended him to have; he became Dr. Jekyll instead of Mr. Hyde.

On the other hand, there is hypogonadism—a problem which affects at least as many people as does hypergonadism, and probably more. We have already cited a typical case of hypogonadism in the case of Mrs. Smith, whose ovaries had ceased to produce the female hormone. Not only did Mrs. Smith feel that lack, but the cessation of ovarian function affected her thyroid, and other glands as well—so that things grew very complicated for Mrs. Smith.

Men go through a similar crisis when their gonads begin to slow down, but it

is less violent and usually comes later.

The important point here is that both for men and for women, the general slowing down of the physical and mental faculties associated with the failure of the sex glands can usually be deferred by methods which the modern endocrinologist has for stimulating the glands to continued functioning, and for providing hormonal substitutes to bridge over the crisis.

Robert Gordon, for example, has begun to feel the weight of the years. He doesn't put the punch into his work that he once did. No drive. His mind has lost its cutting edge. He has no physical or mental pep. The same happens, let us say, to Mrs. Ruth Bronson. Mrs. Bronson has been one of those leaders in her community that likes to run things; leader in civic enterprises, crack bridge player, president of two clubs, and altogether a person to be reckoned with. That is, she was till lately. Then she slumped. The years hit her.

Those are two fairly typical cases. Unquestionably, *right living* would do much to help these two persons to make a come-back. In fact it would probably bring them all the way back, and keep them going strong for a decade or two to come. But granting all that, it would do no harm for Mr. Gordon and Mrs. Bronson both to know about what endocrinology is doing these days to help people like them to go on functioning with high efficiency and well-being through the years when they are usually expected to settle down with a shawl and a book by the fire.

Part of the solution for them may lie in the administration of the male and female hormones. These hormones have an important effect on the circulatory system, the nervous system, the mind, and all the vital functions. They are produced in many synthetic forms; and it is now possible to insert under the patient's skin a small tablet of the needed hormone, so that it may be gradually absorbed by the body over a period of several months—thus temporarily endowing the patient with what amounts to an artificial gland.

A WOMAN, for instance, may acquire a temporary ovary during her menopause. The same goes for men when the testes fail to elaborate enough of the male hormone. Such methods, combined with stimulation of the glands by diathermy, short-waves, and other forms of physiotherapy which improve the circulation of blood in the glands, often produce astonishing restorations of ageing people to normal and vigorous well-being.

Parents should be more generally aware than they are of the value of endocrine treatment for certain ills and abnormalities in their children—particularly when the children show a lack of energy, initiative and enterprise. Men and women everywhere should realize too how the discoveries of endocrinology may apply to many of their difficulties and ailments that have failed to yield to other treatment. Nervousness, languor, colds, headaches, insomnia, obesity, loss of appetite, untoward mental states—any or all of them may be due in part to something wrong with one or more glands. If so, the best way to normalize the glands is through right living—right food, exercise, control of the mind, rest, recreation, and the like. And if the trouble has gone so far that something more is needed, then science stands at your elbow, ready to help nature in her effort to pull you through.

COLITIS

If rectal troubles are not the actual or direct cause of Colitis they often are associated with that ailment and contribute to or aggravate gaseous distention of the stomach, nervousness, mental and physical fatigue, heart distress, dizziness and exhaustion. Fetid breath, spells of despondency and listlessness may be signs of

CONSTIPATION

and a colon no longer responsive to laxatives. Constipation, colitis and rectal troubles so frequently co-exist that the relief of one often depends on relief of the others. When such conditions are present exact examination and expert diagnosis by an experienced rectal physician is imperative. If you have allowed

ANY RECTAL CONDITION

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Postpaid for \$3.00

The Backbone of Health

(Continued from page 23)

more than enough. It is the principle of the need of a margin, a surplus, a reserve, if one would have enough. This is true of money, of brains, of elbow room, of food supplies and of many other things, but it is most of all true of strength.

We want that reserve of power in our cars, but it never occurs to most people that they could do with a similar surplus of power in their own persons. And where everyone needs it most is in the back. It is not only needed for purposes of lifting and the expression of strength in any athletic pastime or physical emergency, but all

the time to enable one to stand up and sit up with untiring ease.

Where strains are concerned, naturally, greater strength of the back is the only means by which one may avoid them. We all meet these unusual stresses, when changing tires on our cars, shifting heavy furniture, moving the stove or putting that trunk up into the attic. If you happen to get a strained back, rest it as much as possible and apply heat, preferably infrared radiation. After that, cultivate more strength.

What is also important is to learn how to avoid back strain when lifting.

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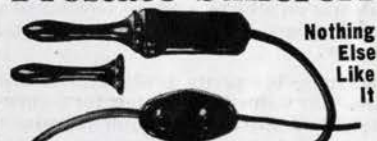
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I herewith submit a photograph of myself and my daughter which I desire to enter in the above contest in accordance with the rules as outlined in September, 1940, issue of PHYSICAL CULTURE Magazine. I declare that I own All Rights in the photograph herewith submitted of myself and my daughter, and that the data given below is true and accurate, as of this date.

(Daughter's Name)

(Mother's Signature)

(Address)

(Date)

DAUGHTER

MOTHER

AGE:	AGE:
WEIGHT:	WEIGHT:
HEIGHT:	HEIGHT:
BUST:	BUST:
WAIST:	WAIST:
HIPS:	HIPS:
THIGHS:	THIGHS:
CALVES:	CALVES:
ANKLES:	ANKLES:

(Fill out this coupon and paste it on back of photograph)

(See Page 36 for Contest Rules)

... was he coward or hero?



Has Any Woman the Right To "Make Over" the Soul of Her Husband?

Nils was an athlete, a young Greek god of a man, fearless, free, and a born challenger of chance.

But June, his pretty bride, feared their future. She wanted desperately for security, safety. And so she made him promise to give up the dangers of flying and stunting to learn finance in her uncle's bank, a captive eagle chained to a desk.

Because of his overwhelming love for June, Nils made the sacrifice, gave up the life for which he was fitted. Because of his very being he could not make good. He drifted from job to job, confidence ebbing, spirit crushed, trying doggedly to be the misfit soul his wife demanded.

And then came a graphic moment when, while an earthquake tumbled the world about them, Nils faced a test that would have required no second thought by the man that he once had been. Could he meet it now? Danger, human lives in the balance, with seconds counting and June watching him confidently he stepped to the window to climb toward—

But read for yourself the breath-taking discovery June made in the light of the holocaust of fire and ruin. Read and decide for yourself if a wife can play God. Weigh the facts as June gives them and decide if any woman has the right to remake her husband's soul. Under the title "Taking Chances" she explains for you everything that happened. In the new, September issue of

True Story

NOW ON SALE

Instead of bending the back, willow-like, keep the back *straight*, and exert your lifting strength through the power of your legs. Think of a derrick—with its straight "back." Always do this, and you are very unlikely ever to have a back strain.

Perhaps no one will question the advantages of muscular strength in the back, but some may ask, "What about those tender spots along the spine? What about sore ligaments and tendons? Exercise will affect the muscles, but how about ligaments and tendons that ache?"

The very interesting answer to that general question is that exercise *does* strengthen and toughen ligaments and tendons along with the muscles. The stress of extra movement and unusual exertion carries the circulation into every tissue, such as tendons and their attachments, and even the bones develop greater strength and resistance.

The effect of vigorous exercise is to tighten up all ligaments and tendons, with the same benefit as the tightening of all bolts and nuts in a loose and wobbly old motor car. After only a few weeks of exercise one definitely *feels* this tightening up of a loose-jointed body. In some cases one experiences a gentle aching of the points affected, until nature has had time to rebuild the tissues on the new basis of greater toughness and durability; after that there is no more tenderness.

As to other congested areas, signified by "tender spots," you may use massage and infra-red radiation with good results, but such treatment is slow by contrast with the immediate effects of active exercise. For nothing will obliterate congestion like the vigorous circulation induced by exercise through-

out the whole area of the body involved in the movement.

In short, except where there is a diseased condition, for a weak and aching back, there is only one logical procedure, and that is to adopt a program of vigorous strength building, remembering that you never have enough strength until you have more than enough. And note that there is no substitute for effort. Effortless exercise will not serve. You must do something above the level of every-day living as you have been accustomed to it. That means real exercise.

The exercises shown and described in the photographs that accompany this article should be supplemented with outdoor effort, such as digging, if you have a garden, wood-chopping or working with a cross-cut saw. Splitting wood is especially good back work when operating on heavy, stubborn chunks in which the axe sticks, so that one lifts the whole chunk high to slam it down on the block. Rowing is the perfect outdoor back exercise. Such games as badminton and handball, or anything that requires stooping, will also put that back to work.

The writer, naturally, offers no guarantee that these exercises will stop all kinds of backache, but they will do so in most cases, and they will *help* in all cases unless one is definitely diseased or crippled.

I can say that in any number of backache cases under observation, this program of strength building actually works out. Besides, everyone needs a good, strong back, irrespective. No one is any good, physically speaking, without it. And it is true, according to the writer's experience, that in something approaching ninety-nine per cent of all cases, a strong back never aches.

Should Opposites Marry?

(Continued from page 13)

Jack Spratters! Peace and Quiet? Get aboard the Harmony Special. Every man to his taste.

Animal Proteins In Your Diet

A few years ago a brilliant woman, eagerly interested in health, and especially keen about finding a perfect diet, swung over to the extreme vegetarian camp. Under the guidance of a young food faddist who thought he knew all about nutrition, she went entirely on fruits and vegetables, and entirely eliminated animal proteins from her diet. She avoided not only every sort of flesh food, but also milk, cheese, and eggs. No protein of animal origin must pass her lips.

Back of this conviction lay also the fact that she was something of a mystic, and was trying to follow certain religious and philosophic systems of the Orient. Any animal food was supposed to set her back spiritually and retard her progress toward Nirvana.

She was a writer of ability, and did occasional articles for this magazine. Mr. Macfadden, with whom she came in contact in connection with her work, personally counseled her, for the sake of safety, to supplement her fruit and vegetable diet with milk or some other animal protein. She wouldn't listen. And presently she was dead—of pernicious anemia.

All of which takes on added interest from the recent statement of Professor

E. V. McCollum, Johns Hopkins University nutritionist, to the effect that there is no adequate fruit or vegetable substitute for the animal proteins to be found in flesh, milk, and eggs.

Professor McCollum's biochemical studies show vegetable proteins have a relatively low intake value. The scientist makes the point that the biological value of a protein "is based," as he puts it, "on digested and absorbed nitrogen, rather than on the percentage of the total ingested nitrogen which is used by the body. Fifteen to sixteen per cent of the total protein of vegetables and fruits fail to be digested and absorbed, and this moiety in beans, peas, and other legume seeds may exceed 20 per cent. The digestibility of proteins of the better class foods is much higher than in these vegetable products."

Moral—when it comes to diet, don't bite at the notions of any faddist that comes along. Play safe. Get your animal proteins in sufficient amounts.

Taking the Sting Out of Poison Ivy

Johnny Smith has been sent by his parents, at considerable expense, to a summer camp. There's an excellent chance that one of two things—maybe both of them—will happen to Johnny. Either he will stumble on a yellow-jacket nest and get well stung, or he will stumble on some poison ivy and

get stung even more thoroughly. Yet Johnny and his parents, and those in charge of the camp—in fact everybody concerned, know nothing about treating poison ivy. They don't even know why it produces the acute skin condition that it does.

Dr. Ole Grivold of the University of Minnesota, has been making some chemical studies of poison ivy, and has found that it is a phenolic (carbolic acid) type of poison, and must be treated with chemicals which will neutralize it. For this purpose he recommends a very simple treatment. First sponge an alkali—baking soda, for instance—over the affected area; then peroxide, which is a strong neutralizer of acids. Of course the quicker the better. Dr. Grivold says he has tried this remedy on himself, and it works.

Arthritis Vaccines Debunked

That any benefit derived from the use of serums and vaccines in the treatment of arthritis is due to psychological effect, and not to the serum.

or vaccine itself, is stated in a recent article in the *Journal of the American Medical Association* by Drs. Nathan Sidel and Maurice I. Abrams. In other words, these two investigators dismiss injections as of no value in the treatment of arthritis.

The way Drs. Sidel and Abrams reached this conclusion was to use a streptococcus vaccine on one group of patients, and a common salt solution on others. Result: 68 per cent of the twenty-five patients who got the vaccine improved; and 72 per cent of the group of 58 patients who got the salt solution improved. All the patients had chronic rheumatoid arthritis, an inflammation of the joints accompanied by shrinking of the bones. Thus, the effect throughout was psychological.

Yet the use of vaccines in the treatment of arthritis goes on, to the great profit of vaccine makers, and the profit of medical publications that carry their advertising, and the profit of the drug stores that sell these products, and the profit of the doctors who do the injecting. Nobody loses but the patient!

Dance Your Cares Away

(Continued from page 27)

dancing is for. If you see a clever couple alongside, don't go into a shell because their steps are more modern. It merely takes practice and a sense of rhythm. You can give your personality an opportunity to expand by improving your dancing. If you really worry about your awkwardness, it might pay you to take a few lessons at some good studio. At least it will remove most of the fear from your mind.

Recently I heard of a young business man who was drawn into a "blind" date with the very youthful sister of his client. To his horror he discovered the girl was a jitterbug. She really wanted to "cut up a rug." He made the best of it, however, being a good sport if not a courageous dancer. The funny part of it was that before the night was over, he was in full swing, shagging as vigorously as his partner. He said later it was just what he needed. He's still laughing over the incident but he admits he enjoyed every minute of it.

That's what dancing should do for you; make you smile and laugh; make you more alive and happier.

At a popular dancing studio I gathered a few hints about making dancing more enjoyable. One of the common tendencies is for the dancer to become too "heavy." People are heavy for many reasons, I was told, and size or weight does not provide the reason. Most people can learn to become light. One of the common causes of heaviness is faulty rhythm because of failure to pay strict attention to the music. If you lag behind the beat of the music, you are dancing slower than your partner and you feel and look heavy.

Lack of knowledge, insufficient practice and lack of confidence make you pause in your steps. Your motions must be spontaneous. Many girls who would be good dancers seem heavy because they allow their arms to sag and weigh down their partners' arms. You can overcome that by practicing with your arms outstretched to shoulder height until you can make them stay up without effort.

Dancing, it is easy to see, is excellent for developing good poise and a good

posture. Any girl who has mastered the dance is sure to possess a smart carriage and a sense of equilibrium. In addition, she will probably keep a trim figure. The stretching movements will keep you limber and will encourage proper development of your body.

Dancing instruction for children is always a good investment. I was fortunate in having a thorough schooling in the dance and later had professional experience. I will always treasure that experience.

According to statistics put out by one studio, only three students out of 50,000 could not be taught to keep time. If those figures are accurate, there's hope for all of us. Nobody can complain about his lack of rhythm because there's an amount of it in everybody.

TRUE, it may take a little time for you to develop smoothness in your steps. Only a few are "born dancers." The rest of us have to improve with practice and the more you practice, the more fun you will get out of dancing. Even those who become expert find great exhilaration in dancing. It's one pastime that's difficult to find boring once you get the knack.

It would be really pitiful if poor dancing handicapped your vacation or any of your social events. If you've been neglecting this popular exercise, it's about time you brushed up. Life will become lots gayer when you learn La Conga, the Rhumba and a good, smart Tango. Everybody should learn the fundamentals of the Waltz because from there the dancer can develop. Seventy-five per cent of all Tango or Rhumba steps are based on the always-popular Waltz.

In conclusion let me advise that when dancing with a partner for the first time, you should assume the attitude that you are out for the fun of it; relax and let him lead. That's the whole trick in good dancing, learning to follow the leader.

Dancing is a wonderful art. In my opinion it's the most enjoyable of all and I know you'll agree if you give yourself a chance to prove my contention. Let yourself go!

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"Streamlining"

Ann Bilusich, Alberta, Canada, spent five weeks with us recently and lost 18 pounds. Her diet was fruit juices for a time, and then one meal a day. In conjunction with the diet she took cabinet baths, massages, exercises and other weight-reducing measures.

She said: "I feel a hundred per cent better than when I came and the dieting and the whole regimen have been very pleasant. People are so friendly here and the staff are all very fine and efficient. The great thing is they get results and that is what counts, and what stays with us, if we take care to do our part. Staff and guests were so pleasant and cheerful that it made dieting not only easy, but fun!"

"I like the social side at P. C. H. There is always something going on in the recreational line, the dances on the roof are great fun, and helpful in streamlining the figure. I've had a happy time and am looking forward to my next visit, as I am planning to come back for my vacation."

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Letters from OUR READERS

Disastrous Drugs

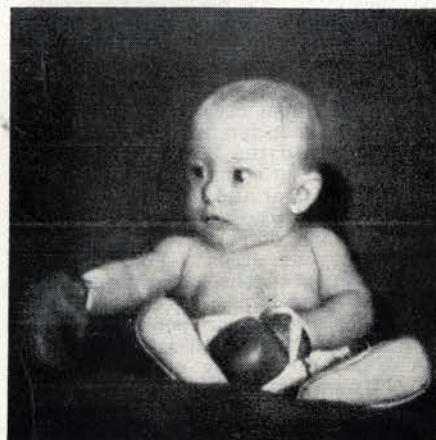
From Lillian Goldstein, Brooklyn, New York: Allow me both to congratulate and thank you for the article "Pep Pills" by Luther Davis and John Cleveland. . . . When I attended college, the week before final examinations was a horrible nightmarish one of cramming. One night, to the remark of one of my classmates that she "could no longer keep her eyes open," another classmate who was obviously none the worse for lack of sleep responded that she had some pills to alleviate this sleepy, tired feeling. She referred of course to "pep pills." Effects exactly like those described by the authors of this article followed.

When I realize how many students are probably preparing for examinations at this very moment, helped, they think, by "pep pills" or similar preparations, I can only hope that some of them will read your magazine and learn how disastrous these drugs can be. . . .

Premature, But Healthy

From Mrs. Ben De Lott, Hartford, Connecticut: I have been a subscriber of several of your magazines for many years. I have gained much knowledge and benefited greatly by the advice on building healthy bodies. . . .

Several months ago my son, Errol Joel, was born prematurely, weighing only three pounds. After my baby was in an incubator for six weeks I immediately resumed reading your helpful advice on the care of babies. I am very grateful to you because I feel that your advice taught me to build up a healthy-bodied youngster. I am enclosing a picture of my physical culture son at the age of five and a half months . . . to encourage mothers who think that premature babies have little or no chance.



Errol Joel De Lott, aged 5½ months

PHYSICAL CULTURE

Flat on His Back

From L. R. Roberts, New York, New York: Having just been released from the hospital after ten days flat on my back from the results of amphetamine sulfate . . . I can't tell you how happy and interested I was to see the article "Pep Pills" in your current issue.

Frankly, I'm not a PHYSICAL CULTURE fan, but I shall buy it religiously from now on. How I wish I'd read that article two weeks ago!

Completely Fettered

From "Just Another Sucker," Albany, New York: For the love of Heaven, do I finally have to come forward with the real low-down on this amphetamine sulfate after the learned medical gentlemen complete their exhibition of comparative ignorance on the subject? Me, a mere victim, who for twelve months have been wrestling with the villain, spending during the process about \$300 medical fees to learn I'm shackled to one of the most vicious drugs of all time? Then harken to an authority to end authorities.

Question and Answer game. Why is A. S. a dangerous addicting drug rather than a harmless stimulant? Because it incorporates the two essential "hooks" employed by every habit-forming drug known to mankind: capacity to produce euphoria and capacity to produce distress on withdrawal. . . . Why is the medical hokum about "controlled dosage under supervision of physician" etc., etc., downright bilge?

The Merriwells Kept Me Young and Healthy

(Continued from page 9)

recourse to a "consumption cure"—and die of the dread disease just the same.

Fortunately, even at the age of fifteen I possessed a little common sense. And even though I continued to hate that doctor, he had done me a great service. His dire prediction haunted me and drove me to action. I remember clearly the bright, cool summer morning when, returning from driving our cow to pasture, I began to work on my shoulders; began to force them back, to fight them back into their proper position. It hurt. There seemed to be a taut band across my chest that resisted my efforts to stretch it. But I persisted then and thereafter whenever I thought to do so, which was many times a day, until I was sore and lame from shoulder to shoulder. In time, however, the lameness gradually disappeared. And of course my strenuous efforts to straighten and square my shoulders released a constricting pressure on my chest, allowing me to breathe more deeply.

Then I took up running, which was something of a fad in our town at that time. I had always been short-winded and I never became fleet of foot, but in time, as I worked up to it, I saw that I was gaining in endurance. I'd heard of "second wind" and one day I found it. I set forth that day at a steady and fairly brisk jog-trot for Nason's Railroad Crossing, somewhat over a mile southward from our village, and I didn't quit or let down a bit when it seemed that I must. After reaching the Crossing and turning back at the same pace, it came. I had ceased to pant and struggle to fill my aching

lungs and was beginning to breathe more easily, deeply and regularly. Moreover I was covering ground with greater ease than I had at the end of the first half-mile.

I did some running almost daily thereafter, road and weather conditions permitting. Luckily I did not overdo it at any time and put too much strain on my heart, which still is, according to a physician's report of recent date, in excellent condition.

MY NEXT discovery was that I was a good distance swimmer. Other lads might beat me in the short stretches but I was there with the goods when it came to long pulls. And swimming, properly indulged in, is tops or thereabouts as a beneficial exercise.

I was coming along nicely and gaining steadily in strength and endurance when I ran away from home at the age of sixteen and found work in a Biddeford, Maine, machine shop, where for seven months I labored ten hours daily six days every week, with no lay-offs and no vacations. No time then for running or swimming, except on Sundays, and those days were nearly always spent in just plain loafing to rest up from the weekly grind.

My wages, at first, were five dollars and forty cents a week but eventually I was able to do "jobbing" or piece-work, at which I sometimes could earn as much as two dollars and a half a day. The machine at which I could pull down this princely amount of cold cash was called a "monitor." A delicate touch was required to manipulate the fragile cutting tools of the machine

Because dosage of A. S. cannot be controlled and persons, medical or otherwise, supporting this fiction are liars and ignoramuses. Why can't it be controlled? Because the action of A. S. is almost precisely that of cocaine. Instead of a gradual lowering of the user from the euphoric peak to subsequent depressive levels a sudden plunge from the celestial heights to the depths of suicidal despondency occurs—unheralded. Escape from this awful state can be made only by immediate redosing with A.S. and unless repeated doses are taken this plunge into psychopathic despair will be repeated, making incontinability of the drug an obvious conclusion. . . .

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education I needed to follow the precarious profession of authorship. That academy was a prep school for certain colleges, and I fully meant to take a college course when I returned there. Fate, however, had charted a different design.

Sure enough, my runaway escapade and my homecoming in good clothes and with money jingling in my pockets gave me an altered status in that little town. Even in those who attempted to kid me about my adventure, I perceived a new respect and practically none of the former air of superiority. I'm afraid I swaggered a little, even assumed something of a world-wise and superior air. Whether that is true or not, I'll confess that I did feel superior to the most of those who had once treated me as nothing much and distinctly below their own level. For I had lost a great deal of the sense of inferiority that had troubled me and made me an awkwardly bashful and shy kid.

MY parents were astounded by the change in me. Especially my mother, who was greatly disturbed by my confidently announced intention to write stories for a living. Father said: "Oh, let the boy try it. He'll soon find out he can't earn his salt doing that."

Though my cough soon left me after I got away from my job in the machine shop, I went wrong by failing to take up again such physical exercises as would have kept me in good trim while following my course at the academy, reading voraciously the current fiction of the day and attempting to write some fiction of my own concocting. Right then I'd arrived at a stage in my life when proper gymnasium work and a reasonable amount of outdoor sport would have built up strength and bodily resistance to meet a vital crisis that came later on.

I was then so absorbed by the ambition to become a writer that I couldn't seem to find sufficient time to give my school lessons the necessary amount of study. Between reading the works of William Black, B. L. Farjeon, Wilkie Collins, Charles Reade, Thackeray, Charles Dickens, "Ouida," Nathaniel Hawthorne, Edgar Allan Poe, even "The Duchess" and Mary J. Holmes—not to mention the dime-novelists of the day, of whom, however, I was beginning to tire—and spending quite a lot of time devising tales of my own, my daytime hours were all too short and my kerosene lamp was burning many a night until after two in the morning. That was not so good for a young fellow who, even though he had fought his shoulders back to where they belonged, was still flat-chested and still far under the proper weight for a six-footer.

Then, while still not eighteen, I sold two stories to a weekly story paper published in New York. Eureka! I'd done it! I'd received genuine coin of the realm for stuff I'd written. ("Stuff" is the correct word, as I sadly admitted to myself long years afterward when I came upon those two brief tales in an old scrapbook, read them over again and then blushing consigned the scrapbook to the consuming flames in my cellar furnace.)

I was paid for both of those stories with a single check for six dollars! I'll admit I'd expected more. Nevertheless, I was overjoyed. For I'd become an honest-to-God writer, and the editor of the story paper had been kind enough to write me an encouraging letter in answer to an inquiry by me concerning the probability of my success as an author. He had said that I showed

promise of succeeding in that field of work. From the day that I read those hand-penned words until the day of his death—and afterwards—I loved and practically worshipped Orville J. Victor.

Some months later I sold Mr. Victor a tale 32,000 words in length for fifty dollars. That spelled s-m-a-s-h for my plan to go to college. Why should I spend four years in college when already I was able to write yarns and get real money for them? There was just nothing to it.

Never mind my ensuing temporary excursion into the country newspaper field. Let's skip it and hop right along to the vital crisis I've already mentioned. That came after I'd left the town of my birth and moved, bag, baggage and household belongings, to Camden on the coast of Maine, which I've since made my home and voting residence.

It hit me in the first year of what was then called "the gripe" but is now known as "the flu." The distemper raged furiously for many months in the old Pine Tree State. The efforts of most doctors to control it were pitifully ineffectual. Many of their surviving patients were left with some chronic physical ailment or disability. In our town, however, two physicians, Albee and Stone, were quite successful in combating the epidemic. Called quickly at the first symptoms of an attack, they seldom failed to make the "bugs" turn up their toes instead of the patient.

When my turn came to keel over with a high fever and spitting headache my wife sent out a distress signal to Doctor Albee right pronto. He had me up again and mauling my new typewriter in about four days. Then I did a dumb trick. Having typed "The End" on the final page of an 80,000-word yarn, I voted myself a short vacation and hied me away to Beantown.

BOSTON weather was mean and shifty. It cut up all sorts of ungodly capers during the three days that I was there. It had all the thermometers jumping up and down like corn in a popper. You might be sweating copiously when you started to cross the city's famous Common and find the liquid beads frozen to your face like fine shot by the time you reached the other side. To be safe and reasonably comfortable, one needed to carry with him a complete change of clothes from midsummer to midwinter wear if he ventured to travel from the West End to Massachusetts Avenue.

Somebody walked away in my rubbers while I was lunching at the old Parker House about four hours before I was due to take passage back to Camden via the Bangor steamer. It snowed, hailed and rained that afternoon and my feet were about as dry as New York City under prohibition when I went aboard ship shortly before sailing time. I had no appetite for nourishment that evening and before we'd passed Thatcher Island Light I knew I was in for something more unpleasant than a rough voyage. Tossing in my stateroom berth at midnight, I began to doubt if I'd be numbered among the living at daybreak. This time the old "gripe" had me with a stranglehold.

Sick? Well, it took two doctors, both Albee and Stone, to pull me out of that second assault, and I looked like something the cat had brought in when I did get up and around. I was coughing again, and now the cause was an even graver threat than the fumes from

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the machine shop monitor had been. I should have taken things easy and watched my step for quite a while, but I didn't. I went to work on a new story as soon as I was able to sit up at my typewriter.

One morning after I'd been writing about five minutes, I felt an odd fullness in my chest and a desire to cough. And when I'd coughed my mouth was full of a warm salty liquid which proved to be bright pink blood when I spat it out!

I was then about twenty-three years old, six feet in height, and weighed 135 pounds. Just somewhat more than skin and bones. And I'd been making a fool of myself for years; in fact, almost continuously since I'd run away and found a job in that Biddeford machine shop. Even greater had been my folly after returning home with a fixed determination to become a writer. Not that I didn't know better. I did. Called the laziest boy in my native village because I disliked and shunned manual labor, I had worked like a slave for seven months in that machine shop because I was fired by ambition and spurred by pride and the resolution to succeed. I wanted to show the cockeyed world that I could do what I'd set myself to do.

To make the situation even more staggering, an old injury sustained by my husky but aging father was beginning to incapacitate him as a wage-earner. Further than having a wife to support, I foresaw that I'd soon have to bear also the burden of caring for my parents. And now I'd sustained a slight hemorrhage that apparently pre-saged the doom of which I'd been forewarned. A pretty kettle of fish!

I simply had to continue to earn money, which meant that I had to go on working. I couldn't quit and I couldn't take more than occasional short vacations, a few days now and then between stories. But still I knew that I must make a distinct and radical change in routine if I were to be around very long to pack the load.

STRANGELY, I wasn't nearly as scared as I'd been when that country doctor had jolted me with his sock to my midriff. Quite calmly, I set about charting a course to follow: Regular but less hours of work daily; walking in the open during the sunny part of the day when possible; deep breathing, gently and cautiously indulged in at first, a diet, of which milk and raw eggs would be an important constituent; cod-liver oil; relaxation, rest and plenty of sleep; no drugs and no over-indulgence in any manner. As I recall, I wrote it out somewhat like the above. And I followed that course pretty faithfully, with variations which included fishing and bird-hunting trips.

But I didn't cure that bad lung in a hurry; more than ten years rolled by before it gave up the battle to get me shoved under. During those ten years it returned to the attack every time I caught a cold, and it was Frank Merriwell, the fictional offspring of my brain, who eventually silenced that wheezy bellows and freed me of the fear of a consumptive's death. Yes, and he did more than that for me.

As his name connotes, my hero was frank, merry and well. In all of Horatio Alger's stories, as I've been led to believe, the motivating theme is the pursuit of fortune. Maybe that's why I decided that the motivating theme of my stories should be the pursuit of life as it should be lived by intelligent civilized human beings.

Now every writer of fiction puts much of himself into his work and his characters. This being true, Frank Merriwell is a part of me. Not that I ever for a moment imagined him to be a character bearing a recognizable resemblance to myself, but into him I poured my dreams of what I would have chosen to be had the choice been given me, and the dreams of any person are as much a part of that person's entity as are his flesh and bones.

I determined that Frank should esteem his fellows by and for their intrinsic characteristics, regardless of wealth, family, race or social standing. And he, being human himself, though with only one besetting weakness to contend against, should be tolerant, not patronizing or superior, toward others with many natural human imperfections. To this reasonable tolerance almost as much as to his athletic accomplishments, I attribute his unusual appeal to all boys and the remarkable fact that today, forty-four years after his first appearance in the pages of a five-cent weekly publication, he still goes marching on, his name and fame apparently undimmed by the sweep of time. And the same virtues with which I endeared Frank Merriwell are also to be found in his younger brother, Dick, and his son, Frank, Junior.

MADE happiness and a youthful zest in living cleanly and well as natural as breathing for my heroes. Never did I exalt the physical above the mental; always I strove to strike a balance, and it was fully as often through mental alertness that they triumphed as through physical ability and what is called brute force or strength. I endeavored always to show that theirs were finely trained minds in finely trained bodies.

To accomplish this, I had to read and study many publications about mental training and health building, and such a course made me more acutely aware of my own deficiencies. Thoroughly ashamed of myself and fully aroused at last, I planned a body-building health routine of exercises and deep breathing and put it into regular and conscientious practice. Taking into consideration the fact that the work by which I earned a living was of a strictly sedentary nature, I did not make the mistake of seeking to build up big muscles or go to an extreme in striving for physical development that would be beneficial only for persons more actively employed. Health, not competitive strength, was what I desired.

Nevertheless, I'd been working on the Merriwell yarns for several years before I was able to heal that miserable lung of mine. It stubbornly kept right on bothering me whenever I contracted a bad cold. But a fortunate change of climate and a shock that I'll describe in a moment or two brought the desired cure about.

It took place in the fall and winter following the St. Louis' World's Fair, which I visited while on my way out to Denver. As Colorado's Capital City was a mecca for "lungers," I had fancied that the rarefied air of its altitude would soon take the wheezing out of my chest, but it didn't work that way—at first.

I was carrying another fat cold and coughing like a steam locomotive on a steep grade when I arrived in Denver and settled down in the Shirley Hotel, and the spot in my lung felt as raw as a skinned knee. In vain did I wait for that cold to scam. Sometimes it would pretend to be going, but that was only

a sly joke it was putting over on me. Back again it would come, full of venom, in a day or two. I was becoming discouraged.

Then, on an unusually nippy morning, as I arrived back at the hotel from a short walk before breakfast, my hand paused as I was reaching to open the door. All over the brass knob of that door and for some distance below the knob was a bright-red smear. It was frozen blood! Somebody had had a hemorrhage there.

I was really quite ill when I got up to my room. Also really scared now. Mad, too. Said I to my wife: "This so-and-so lung of mine is going to hand me a knockout if I fool around any longer. So right here, beginning now, I'm going after it, hammer and tongs. Watch me lick it."

She was skeptical, but I meant business. For almost six months thereafter, the dominating motive of my existence was to get the best of that plaguey lung; to cure it or bust. To that task I applied certain rules for health-building which I'd used in my stories. I dieted, making milk and cream, raw eggs, fruits, vegetables and salads almost my entire fare. I cut out tobacco, tea and coffee. I took long walks each day and did deep-breathing exercises in the open air. I slept eight hours every night and took a daily nap of about an hour. I taught myself to relax thoroughly at intervals throughout the day, as well as when I went to bed at night. I refused to let anything worry me or even annoy me greatly. I kept myself cheerful and found something to laugh at heartily at least once a day, oftener if possible. I believed I was going to cure my bad lung.

PRESENTLY I began to gain weight. Slowly at first and then more swiftly my weight rose from 163 to 182 pounds. I'd lost my cold and my cough had gone with it. My chest had filled out and expanded. I felt grand. My lung was cured, and it has remained cured unto this day.

But I've taken precautions to keep it cured. Except for two or three brief lapses, I've kept up my daily exercises, moderating their strenuousness some-

what in later years. I've always believed, and still do, that sedentary workers sometimes do themselves harm by striving to acquire a powerful muscular development unless they continue throughout their lives a vigorous and regular amount of exercise to prevent deterioration and muscular atrophy. Having sought health instead of athletic hardihood, it hasn't been difficult or burdensome for me to go on with my daily exercises which, however, I have modulated somewhat in recent years, with the view of keeping my muscles stretched and supple, my carriage erect and my internal organs in good working condition.

Not only did the Merriwells cure my lung, they have kept me more than fairly healthy and well when I have not transgressed the laws of good health that I learned through them.

FURTHER than keeping me well except for that one bad break of mine, the Merriwells have kept me young. Young in spirit, anyhow, and in body, I believe, to a surprising degree. This, I'm sure, has been the result to a great extent to my mental attitude. I find myself today as keenly interested in life and what is going on in the world as I was at the age of thirty, and I still love the beauty of this, to me, most beautiful of worlds.

I love the sunrises and the sunsets, midday and midnight, soft winds and howling gales, mountains and valleys, lakes, rivers and the vast sweep of a blue-calm or storm-swept sea. I delight in music that is music and not merely blathering squawking and senseless nerve-jerking hullabaloo. I'm entranced by birds and flowers and the lovely smile I sometimes see on the face of a child. I love my friends and do not hate my enemies—merely ignore them. I love to laugh, though sometimes the sudden unbidden remembrance of a great and terrible loss chokes my heart and floods my eyes with tears. I've been very happy, and I've suffered—plenty! That's life, and I've lived it. Pretty fully, I believe. I'm still an optimist, but no Pollyanna, for I recognize evil and know that sorrow and defeat must befall at times.

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Will Sex Education Become a Modern Church Crusade?

(Continued from page 7)

instruction about sexual matters. Instead of waiting for the public schools or some other agency to do something about it, this church, under the leadership of the pastor and his helpers, set up a series of lecture-discussions under well qualified leadership with some sessions for both boys and girls and others where each sex was free to ask any question they pleased without the embarrassing presence of the other. The repetition of these groups during the years which have followed is fair indication that they have proved both helpful and constructive in their results.

SIMILAR series of discussions are now a regular part of nearly every summer institute or camp held under church auspices. Rarely is there a young people's convention or week-end conference in which there is not included some instruction in sex-social adjustment. For many years the Young Men's and the Young Women's Christian Associations have made some phase of sex education one of the major features of their regular work.

Do these programs really help? Out of more than ten years of intimate experience and observation I am certain that they do a great deal of good. I have used many methods for checking on this factor of the situation and invariably I find that young people appreciate such help.

A third approach in the campaign against sexual immorality and ignorance has been the initiative taken by many churches to enlist the community-wide cooperation of other agencies for the improvement of social and recreational conditions. The church leaders recognize the fact that a great deal of information about sex inevitably comes as a matter of incidental learning in relation to parties, dates, dances, reading, informal "bull sessions," and attending movies and theaters. By getting together women's clubs, men's service clubs, playground commissions, school superintendents and the leaders of social welfare agencies it has been possible to unite the community behind a comprehensive program of social recreation which provides wholesome activities for young people and helps to eliminate those forms of entertainment which lead toward delinquency and personal demoralization.

This Co-ordination Council movement, now taken over by the National Probation Association as a means of reducing delinquency, was the idea of a Congregational minister who first put it into successful operation in a large California county. Its protective and educational benefits from the very first much more than paid the expenses of its operation. Under various names it is now widely in use throughout the nation.

A fourth type of sex education now being widely offered through the churches is the work done by many alert pastors in connection with preparing young couples for marriage. Some ministers refer every couple to a well-prepared and acceptable physician for careful instruction in the sexual aspects of marriage. Others make sure that every couple they marry has the opportunity to read at least one authoritative and detailed

book on this important side of marriage.

The importance of this sort of help is beyond the comprehension of anyone who has not either been helped by such a program or seen how genuinely young couples appreciate such help. Clergymen who have followed some such practice for years tell me they have yet to find a couple who resent this sort of assistance and report any number of them who feel that this one service was an invaluable aid toward a successful start in marriage.

Physicians strongly recommend the use of good books in this phase of the work because the average couple is so ignorant of a proper sex vocabulary that they cannot ask the questions they would like to. By reading some such

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book they usually acquire not only a practical vocabulary of sexual terms but at the same time come to have a wholesome attitude toward the entire subject.

"I had always thought of sex as something shameful," wrote a young matron, "and I was unable to participate in these relationships without a great sense of guilt. Now this book you loaned me has made it beautiful and my married happiness is complete. I certainly intend to train my child so that he never has to go through the agony of misunderstanding and confusion that I went through." What these appreciative young parents may do for their children may prove, in the end, one of the most fruitful results of this work for married couples.

Perhaps more effective and important than any other phase of this work is the part which literature plays in such a program. While the churches have been rather wary of sex literature as a whole one now finds available in church libraries and bibliographies practically all of the competent scientific and reputable publications on the question of sex. Even the church publishing houses are commencing to accept manuscripts on such subjects. This is a marked advance and means that long before there are study groups and discussion series in the less progressive parishes there will be individual parents, young people, and lay leaders who will be reasonably well informed as a result of their use of this type of literature.

The Committee on Marriage and the Home of the Federal Council of Churches has published jointly with the International Council of Religious Education a full and comprehensive bibliography on Family Life and Parenthood. In this are included an excellent and generous supply of sex

education materials for all ages and all problems. There are detailed books and pamphlets explaining how parents can deal best with the questions of pre-school children. For children who have learned to read there are books with pictures and simple diagrams explaining the processes of fertilization and birth and the sexual differences of men and women. For the adolescents there are ample explanations of the nature of sexual maturity and the problems of sexual stimulation and control. For older young people there are many books discussing problems of courtship, the dangers of venereal infection and the importance of understanding the place of sexual experience in successful marriage. Where it is difficult to get suitable material from the local libraries many churches are providing their own special sets of books so that such important helps can be had by all who need them.

If the churches believe that sex education is as important as all this, some one may ask, why do they not unite to support a program of sex education for the public schools? Some Protestants do favor sex education in the schools but many others, like most Roman Catholics, are still not convinced that this would be an unmixed blessing. The difficulties of handling sex problems in mixed classes are great and there is too wide a range of experience and development, particularly during the early adolescent years, to make the same instruction appropriate to all.

A further objection lies in the fact that with all religious teaching divorced from the schools there is grave doubt on the part of many church people whether the mere giving of sex information in an academic fashion is invariably a good thing. It is feared by some that such a method might serve only to sharpen the wits of immature and impulsive youngsters and lead to greater rather than less immorality.

MANY parents are concerned, too, about who shall teach their children the facts of life. The attitudes of the teacher are so important that it is feared that some teachers who have discarded the old-time sanctions of religion may not present sex in a manner which would be acceptable to the churches. So long as this condition remains it is not likely that the churches will give their undivided support to any campaign to put sex education in the schools. It is much more likely that they will proceed to develop more intensively their own carefully controlled programs, locally supervised by the most experienced and dependable leaders they can obtain.

One thing is certain, though: the churches, and leaders of religious education generally, are thoroughly convinced that no program of character education can be complete which does not include a wholesome and intelligent consideration of the facts of sexual life. Having reached this general agreement as to the desirable goal for such education it remains to be decided how this can be best accomplished. Progress will be slow in some quarters but if as much momentum is gained during the next decade as has been achieved in the past ten or fifteen years, the sex education problem, so far as the church constituency is concerned, will be well on the way to solution.

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